



Cover Face & Make Space



Make sure hand sanitizers are safe

The U.S. Food and Drug Administration continues to warn consumers and health care professionals not to use certain alcohol-based hand sanitizers due to the dangerous presence of methanol, or wood alcohol. This is a substance often used to create fuel and antifreeze that can be toxic when absorbed through the skin as well as life-threatening when ingested.

The agency has also taken additional action to help prevent certain hand sanitizers from entering the United States by placing them on an import alert. The FDA is proactively working with manufacturers to recall products and is encouraging retailers to remove products from store shelves and online marketplaces. As part of these actions, a warning letter has been issued to Eskbiochem S.A. de C.V. regarding the distribution of products labeled as manufactured at its facilities with undeclared methanol, misleading claims—including incorrectly stating that FDA approved these products—and improper manufacturing practices.

The FDA first warned about some of the methanol-containing hand sanitizers being sold in retail stores and online in June. The agency issued a further warning earlier this month about an increasing number of adverse events, including blindness, cardiac effects, effects on the central nervous system, and hospitalizations and death, primarily reported to poison control centers and state departments of health. The agency continues to see these figures rise.

“Practicing good hand hygiene, which includes using alcohol-based hand sanitizer if soap and water are not readily available, is an important public health tool for all Americans to employ. Consumers must also be vigilant about which hand sanitizers they

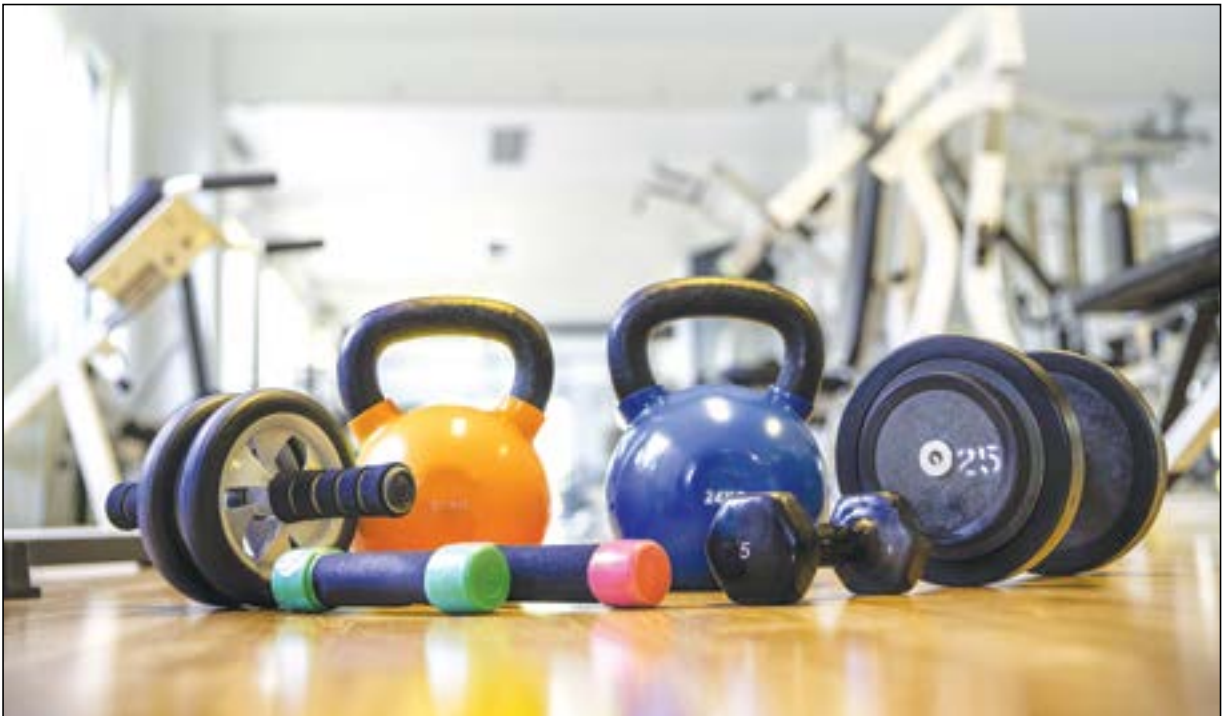
FDA, 2

WHAT'S INSIDE

CA PROP 15 || Page 2
Learn more about California Proposition 15, the Tax on Commercial and Industrial Properties for Education and Local Government Funding Initiative, on the Nov. 3 ballot.

WHAT'S A ZENTANGLE || Page 13
Bring out the artist in you with an easy-to-learn, relaxing way to create beautiful images by drawing structured patterns; there's a LW Zoom class to show you how.

KEEPING CURRENT ON LW PROJECTS



Leisure World may be largely shut down due to the COVID-19 pandemic but work is ongoing throughout the community. This new column will highlight progress on several of the large projects now underway, including the LW Pool and Spa, the Fitness Center and the Knowledge and Learning Center, which includes a brand new test kitchen.

New column will provide project updates

The Leisure World community has been mostly shut down since March, but behind the scenes, GRF projects are underway on several fronts despite heavy impacts due to COVID-19. This column will update residents on the status of pool construction, the Learning Center and test kitchen in Clubhouse 3, the Fitness Center overhaul and other ongoing projects. The information is provided by GRF Facilities Director Mark Weaver and Physical Property Manager David Rudge.

LW POOL AND SPA

The grading for the new LW Pool and Spa is finished, and the dig process is complete, with inspectors signing off on the soils compaction.

The shower rooms have been demolished. Work has stalled as crews await permits from SoCal Gas, Southern California Edison and the California Health Department, (requested months ago). The COVID-19 virus has slowed the project amid virus lockdowns and employee reductions. The permitting process is slowly

moving forward through video meetings, phone calls and emails.

Crews have completed as much work as they can without the permits. The job is tentatively set to be completed in the fall, pending permit acquisition.

The finished facility will include a five-lane pool, a 30-by-30-foot activity area with a volleyball net, a 9-by-25-foot spa, new locker rooms and a lounge area in a reconfigured space to maximize its potential.

The 1960s-era pool was closed late last year for a remodel that mushroomed into a complete replacement with a larger pool after latent construction and serious infrastructure defects were uncovered as work began.

Plans had to be redrawn and permits applied for as the COVID-19 pandemic began.

KNOWLEDGE AND LEARNING CENTER, TEST KITCHEN, CH 3

Work is underway on the new Learning Center that will include a demonstration

kitchen and tech-equipped classrooms in Clubhouse 3.

The Learning Center will host North Orange Continuing Education (NOCE) classes, which were just getting underway when COVID-19 suspended the program.

Construction is 80 percent complete with cabinets scheduled for delivery at the end of August.

The project is tentatively scheduled for completion at the end of September.

The GRF Board approved improvements to Rooms 9 and 10 of Clubhouse 3, which are now being refurbished from the floor up to accommodate the program.

The “smart” classroom will include computer stations, state-of-the-art audio-visual equipment and assistive listening devices, a “smart” board and two 80-inch monitors, to augment lecture sessions.

The demonstration kitchen will host cooking classes, chef-inspired dining experiences and provide a dining space where residents can cook for themselves and host parties.

UPGRADES, page 2

Aldo Flores, owner of the Farmers Market of Seal Beach, welcomes LWers to come and shop for fresh fruits, vegetables and more.

Ellen Brannigan

Farmers Market Open Tuesdays

The Seal Beach Farmers Market right outside the St. Andrews Gate is open for business on Tuesdays from 9 a.m.-1 p.m.

About 15 vendors bring fresh fruit and vegetables, honey, fresh-baked bread, tamales and other healthy fare every week.

The market is located in the Seal Beach Village shopping center in front of the Dollar Tree store at the intersection of Seal Beach and Westminster boulevards.

Opened in 2010, this certified market operates year round and mostly serves LW residents.

Meet your friends while getting fresh healthy produce just outside Leisure World.

AS OF MARCH 23, 2020

State and county health services have identified farmers' markets as essential services during the COVID-19 shut-downs.

Everyone is asked to wear masks and observe social distancing.

All About California Prop 15

California Proposition 15, the Tax on Commercial and Industrial Properties for Education and Local Government Funding Initiative, is on the Nov. 3 ballot in California as an initiated constitutional amendment.

A “yes” vote supports this constitutional amendment to require commercial and industrial properties, except those zoned as commercial agriculture, to be taxed based on their market value, rather than their purchase price.

A “no” vote opposes this constitutional amendment, thus continuing to tax commercial and industrial properties based on a property’s purchase price, with annual increases equal to the rate of inflation or 2 percent, whichever is lower.

Opponents say this ballot initiative is of interest to residents because Proposition 13, California’s long-standing property tax law, is at risk of being partially unraveled, and along with it, property owners would incur a substantial increase in property taxes.

Split-roll Initiative

On May 29, the initiative, which is being called the “split-roll” initiative, passed its last barrier to appear on the ballot this

November. If successful, this new initiative would change how California assesses property taxes on certain commercial properties.

The ballot initiative would amend the California State Constitution to require commercial and industrial properties, except those zoned as commercial agriculture, to be taxed based on their market value. In California, the proposal to assess taxes on commercial and industrial properties at market value, while continuing to assess taxes on residential properties based on the purchase price, is known as split roll. The change from the purchase price to market value would be phased-in beginning in fiscal year 2022-2023. Properties, such as retail centers, whose occupants are 50 percent or more small businesses would be taxed based on market value beginning in fiscal year 2025-2026 (or at a later date that the legislature decides on).

In 1978, California passed Proposition 13 tax reform that froze property taxes at the 1976 assessed value. The law limits when the state can reassess properties to increase its property taxes. Reassessments are allowed only when the property is transferred to a new owner or

undergoes development, and reassessment is limited to 1 percent of the sale price. Additionally, annual property taxes can only increase by an inflationary rate that cannot exceed two percent per year.

The split-roll initiative would undo these limitations on property tax increases for commercial and industrial properties worth more than \$3 million and assess taxes on those properties at their market value. Single-family and multi-family residential properties, as well as real property used for commercial agricultural production, would continue to be protected under the existing Proposition 13 regime. The initiative also includes exemptions for small businesses (defined as those independently owned and operated with 50 or fewer full-time employees). The initiative gives retail centers whose occupants are 50 percent or more small businesses more time before being taxed at market value.

The ballot initiative would make an exception for properties whose business owners have \$3 million or less in holdings in California; these properties would continue to be taxed based

TAX, page 5



Clubhouse 3’s test kitchen will be a bright and airy space.

UPGRADES

from page 1

Fitness Center

The 10,000-square foot Fitness Center in Clubhouse 6 is undergoing a complete overhaul and expansion. The project is 60 percent complete (painting the walls, building a new check-in work station and prepping the floor for the installation of appropriate fitness flooring). The floor should be completely installed by late August. Heating, ventilation and air conditioning (HVAC) engineering is underway and should be finished this month. New audio visual equipment and glass door installations are in the works. Walls have been demolished, and new glass doors and walls, installed.

The new design relocates the dedicated space for a group exercise/dance room and includes a free weights station with mats, and more strength training and weight machines to improve balance and endurance, and cardio machines to burn calories.

The Fitness Center is one of the most popular amenities in LW.

Other Projects

• Clubhouse 2 Landscaping: New landscaping is underway at Clubhouse 2, with expected completion in early September.

FDA

from page 1

use, and for their health and safety we urge consumers to immediately stop using all hand sanitizers on the FDA’s list of dangerous hand sanitizer products,” said FDA Commissioner Stephen M. Hahn, M.D. “We remain extremely concerned about the potential serious risks of alcohol-based hand sanitizers containing methanol. Producing, importing and distributing toxic hand sanitizers poses a serious threat to the public and will not be tolerated. The FDA will take additional action as necessary and will continue to provide the latest information on this issue for the health and safety of consumers.”

The agency has posted a do-not-use list of dangerous hand sanitizer products, which is being updated regularly. In most cases, methanol does not appear on the product label. However, methanol is not an acceptable ingredient in any drug, including hand sanitizer, even if methanol is listed as an ingredient on the product label.

The FDA’s ongoing testing has found methanol contamination in hand sanitizer products ranging from one-80 percent.

Importantly, the FDA is urging consumers not to use any hand sanitizer products from the particular manufacturers on the list even if the product or particular lot number are not listed since some manufacturers are recalling only certain – but not all – of their hand sanitizer products. Manufacturers’ failure to immediately recall all potentially affected products is placing consumers in danger of methanol poisoning. One of the reported deaths is associated with Blumen Hand Sanitizer, distributed by 4e North America and manufactured by 4E Global in Mexico, who recently expanded its recall to include additional lots of its hand sanitizer products. Additionally, the FDA is strongly urging distributors and retailers to stop distributing and selling hand sanitizers manufactured by the firms on the list immediately,

even if the particular product is not included in a recall, due to the risk of methanol poisoning.

When identifying hand sanitizers from the FDA’s do-not-use list, consumers should look for one or more identifiers from the list that match the product’s labeling, including:

- Manufacturer name
- Product name
- National Drug Code (NDC) number

If any of the identifiers (name, company, or NDC) match a product on the list, the FDA urges consumers to immediately stop using the hand sanitizer.

Dispose of the hand sanitizer bottle in a hazardous waste container, if available, or dispose of as recommended by local waste management and recycling centers. Do not flush or pour these products down the drain or mix with other liquids.

Methanol exposure can result in nausea, vomiting, headache, blurred vision, permanent blindness, seizures, coma, permanent damage to the nervous system or death. Although people using these products on their hands are at risk for methanol poisoning, young children who ingest these products and adolescents and adults who drink these products as an alcohol (ethanol) substitute are most at risk. Consumers who have been exposed to hand sanitizer containing methanol and are experiencing symptoms should seek immediate medical treatment for potential reversal of the toxic effects of methanol poisoning.

For a list of banned hand sanitizers, visit www.fda.gov. Consumers, manufacturers or distributors who have questions for the FDA regarding hand sanitizers should email COVID-19-Hand-Sanitizers@fda.hhs.gov.
—the U.S. Food and Drug Administration

OC Sewer Project on Westminster

Orange County Sanitation District crews are replacing sewer lines on Westminster Boulevard between Seal Beach Boulevard and Bolsa Chica Road.

K-rail concrete barriers and crash cushions have been installed to protect existing power utility poles on the north side of the street the construction area within the median of Westminster Boulevard.

After locating and verifying existing utilities, excavation will begin, paving the way for the construction of two new sewer regional pipelines. This phase of construction is anticipated to take place until November 2021.

Standard k-rail sections are 20-ft long and weigh approximately 8,000 lbs.

The project will replace and reconstruct nearly three miles of two parallel 36-inch diameter sewer pipelines on Westminster Boulevard between Seal Beach Boulevard and Rancho Road/Hammon Place in the cities of Seal Beach and Westminster.

This project is within the Western Regional service area, according to the Orange County Sanitation District.

Seal Beach Council Election Update

Carole S. Damoci, the GRF board member from Mutual 12, and incumbent Thomas Moore of College Park West, are running for the District 2 seat on the Seal Beach City Council in the Nov. 3 election.

District 2 includes Mutuals 10, 11, 12, 14, 15, 16, 17 and Mutual 1 east of St. Andrews. It also includes College Park West and Rossmoor Center.

Mayor Schelly Sustarsic is running unopposed for a second term representing District 4, which covers College Park East and Town Center. The rest of the council is comprised of Joe Kalmick, mayor pro tem, District 1, covering Old Town and Surfside Colony; Mike Varipapa, District 3, Marina Hill, the Coves, Bridgeport and Heron Pointe; and Sandra Massa-Lavitt, District 5, Leisure World.

Terms of office are four years, and there is a two-term limit. Council members serve staggered terms with two or three seats alternately expiring every two years.

Seal Beach consolidates its regular elections with statewide elections held on the first Tuesday of November of even-numbered years to fill expired City Council terms and conducts elections in accordance with the California Elections Code and local regulations. For voter registration and general election information, call the Orange County Registrar of Voters 1300 South Grand Ave., Bldg. C, Santa Ana, CA, 92705, (714) 567-7600.

Smart Phone Training

A free online training session sponsored by California Phones is available for people who are having difficulty hearing or seeing on their smartphones. Learn how to:

- Make your smartphone louder and easier to hear
- Send text messages
- Connect Bluetooth devices

TRAINING, page 3

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405 Freeway Construction Update

The Orange County Transportation Authority, in cooperation with Caltrans, is widening the San Diego Freeway (I-405) between SR-73 and I-605. The project is improving 16 miles of I-405 between the SR-73 freeway in Costa Mesa and I-605 near the Los Angeles County line. Construction updates are as follows:

• Southbound I-405 Loop Off-Ramp to Westminster Boulevard to close for one year

The southbound I-405 loop off-ramp to Westminster will close for approximately one year. The ramp is being reconstructed as part of the freeway widening. The closure is set for 7 a.m. Aug. 17.

Crews were to install a temporary traffic signal for the southbound I-405 off-ramp to Springdale Street by Aug. 11.

• I-405 Southbound Loop Off-Ramp to Beach Boulevard to Close

The southbound I-405 loop off-ramp to northbound Beach Boulevard will be permanently closed on Aug. 17. Motorists will use the Beach Boulevard/Center Avenue off-ramp from now on to access northbound and southbound Beach Boulevard. The loop off-ramp is being eliminated to accommodate the widening of Beach Boulevard and of the freeway. The Beach Boulevard/Center Avenue off-ramp and Center Avenue are being reconstructed to accommodate the change in traffic volume.

• NBI-405 Loop Off-ramp to Westminster Boulevard Closed

Crews have closed the northbound I-405 loop off-ramp to Westminster Boulevard. The ramp will be closed for approximately 12 months to allow construction of new walls and ramps at this location in one stage, eliminating multiple traffic shifts and confusion for motorists.

Construction Activities

Goldenwest Street: Crews will continue demolishing the east side of the Goldenwest bridge over I-405. The work is ongoing from 10 p.m.-5 a.m. for approximately two more weeks; some daytime demolition also is anticipated.

East Garden Grove Channel: Crews are continuing construction on the East Garden Grove Channel near the Newland Avenue bridge. Activities include installing shoring by vibrating in steel beams, excavation, demolishing concrete and hauling materials. Crews will also begin

TRAINING from page 2

• Operate the basic functions of your smartphone and much more.

This is a two-part online training. To participate, you need a computer, Internet access and a valid email address. A staff member will contact you to review the registration process. iPhone and Android training is offering as follows:

iPhone Training is from 2:30-3:30 p.m. on Aug. 17-18 and Android training is from 2:30-3:30 p.m. on Aug. 26-27.

Space is limited. Register now by calling (866) 271-1540 or emailing smartphonetraining@ddtp.org.



pile driving for the widened I-405 bridge over the channel.

The work is ongoing from 7 a.m.-4 p.m. for approximately one month. Crews may mobilize equipment as early as 6 a.m. Some activities, such as hauling materials, may occur at night.

For more information on the I-405 Freeway Project, email 405project@octa.net or call (888) 400-8994. There's a mobile app to help residents and commuters navigate construction on the I-405. The app includes quick access to current traffic conditions, closures and detours, along with project updates and links to contact the project team. It is available for Download on the Apple Store or Google Play.

Cal Fresh Benefits

Qualified LW residents can get help applying for CalFresh, formerly known as food stamps, in person with Cindy Tostado, GRF Member Resource and Assistance Liaison, online or via phone.

People who are over 55 and meet the following monthly income guidelines may qualify: One-person household: \$2,010 per month; two-person household: \$2,708 per month.

Have access to the following required documents to assist in the application process:

- ID
- Green Card or Citizenship Certificate

- Social Security Card
- Proof of Income
- Rent Receipt and Bills

Ways to apply:

- By Appointment in LW: Call 431-6586, ext. 317
- Online: GetCalFresh.org
- Phone: (800) 281-9799
- Walk In: 1928 S. Grand Ave., Santa Ana, 92703

For more information, call Cindy Tostado, LCSW, GRF member resource and assistance liaison, 431-6586, ext. 317.

Senior Patriots for Peace

All Leisure World residents are invited to the next meeting of the Senior Patriots for Peace via Zoom on Tuesday, Aug. 18, from 2-3 p.m. This meeting will explore "White Privilege in America."

White privilege is defined as the societal privilege that benefits white people over non-white people in some societies, according to Wikipedia. It is different from white racism. White privilege is unintentional and hidden deep within the way Americans have been unconsciously raised by parents and culture. It is seldom expressed in deliberate actions, according to scholars of the subject.

All people work hard for what they have. There is no free lunch for anyone. But when the chips are stacked in favor of one group over another, perhaps it is time for white people to explore why it seems as though they are generally more successful than most Blacks.

People may attend meeting by computer or smart phone:

• By Computer: Search for [Zoom.com](https://us02web.zoom.us/j/81927569672). Click "Join a Meeting" at the top of the page, enter the Zoom ID number 819 2756 9672 to join the meeting. Alternatively, cut and paste the following link into web browser: <https://us02web.zoom.us/j/81927569672>.

• By phone: Call (669) 900-6833, when asked, enter 81927569672 (audio only). There is no password to enter the meeting.

For further information, call Don Koepke at (562) 330-3397.

—Nancy Goldstein

Sign up today for email alerts

Leisure World residents are invited to sign up for the Golden Rain Foundation's one-way, real time community notification system. LW Live is designed to keep people informed during emergencies and get the word out about safety, recreation and governance issues. All you need is an email address.

To sign up online, log onto www.lwsb.com and click the "LW Live" icon to the right.

Don't be left in the dark; sign up today for LW Live.

5 Ways to Cool & Brighten YOUR HOME

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1

Your home TOO HOT?

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- Improve your indoor air quality using clean air from outside
- Save huge on A/C costs with fresh cool ventilation
- Super quiet operation



2

3

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5

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Perspectives

Letters to the Editor

Editor:

In response to Pamela McDougal's letter to the editor (Aug. 6) dissecting my letter (July 30), I apologize that the content was misunderstood. There was no hidden agenda aiming at race. Nowhere did I say anything about color.

I'm sorry that you have endured discrimination, especially here! I have no words to tell you how abhorrent I find that. I can only relate by remembering being bullied at school for being fat and being last chosen for teams in PE. That was bad enough—but to have suffered what you have—I'm so so sorry.

As for my comment about "them" (and the young white guards are just as guilty) not living here, your response is that they live in huts in Africa. Come on. Even you must admit that commute would be way too long!!!

I'm not trying to make light of your comments and concerns. With all that's happening in our world, your culture and color continues to take horrible, huge hits. I truly truly am sorry and ashamed of the behavior and prejudices of white people. However, I don't happen to share their opinion. I resent that you would misconstrue my content and consider me a racist. *I am not*. Please reread my letter, remove the color innuendo you perceive to be there and I believe you will find the bottom line is about our safety and security in our immediate community. And once more—I apologize specifically to you.

Gloria Beech
Mutual 11

Editor:

I agree with much of Pamela McDougal's letter to the editor (Aug. 6) addressing a prior letter from Gloria Beech (July 30) criticizing the new employees at the security gate. Gloria's letter was, in my opinion, ageist and bigoted. She states that the "new" staffers are incompetent due to their age. And because they do not live in Leisure World, they don't care about their jobs and don't do them as well as former staff. I have observed the new employees to be conscientious and responsible, and I don't have to repeat information over and over. They get it the first time.

The Beech letter saddened me because it reeked of entitlement and served as a dog whistle to those in the community with similar beliefs. I happen to be white, and that fact influences my thinking in many ways, but I cannot ignore this kind of bigotry without responding.

And while I am at this, I hope residents will remove political signs that include profanity.

It's disgusting and reflects on our community in a very negative way.

It's hard to discipline grandchildren when they use profanity when there is a flag waving with the word "bull...." blowing in the wind.

Kathryn Zajic
Mutual 15

Editor:

I can't speak to Pamela McDougal's letter (Aug. 6) that "I have endured more racism in Leisure World than throughout my 67 years," as she failed to cite dates and incidences of her complaints as she suggested we all do in her last paragraph. I hope there is not systemic racism where we live, rather that she indulged in hyperbole born of her understandable frustration at any such behavior. The incident she did cite might even been a matter of misrepresentation; those "20-plus white residents" might merely have looked up in curiosity at any group entering the pool area and perhaps the lady who "jumped out of the pool to retrieve her purse" might coincidentally have decided it was time for her to leave. Not everything that happens in her presence is racism, though I do not mean to minimize her "daily hurdles," as I do not walk in her shoes.

I'm a white woman of 79 years who's been told nearly all her life "but you don't look Jewish." The 24 percent of by DNA, which according to *Ancestry.com* identifies my ancestry as eastern European Jew, would have been more than enough to condemn me in the camps of Nazi Germany. One doesn't have to look very far to know there is rampant prejudice against Jews.

Before this horrible pandemic hit, I saw a billboard that said, "Everyone is dealing with something." How very true, I thought then, though little did I know.

Shirley A. Herron
Mutual 1

Editor:

Last Wednesday while walking my dog, I was buzzed by mockingbird parents as is common when they have recent hatchlings in the nest that are unable yet to fly or get food. It is surprising when this happens but it's important to respect these bird-parents who do what they need to do to protect their young and just avoid the area for a few days.

Earlier I was in a peaceful protest march under the globe, and we were verbally accosted by an angry white man coming out of LW so he was probably a resident. He screamed obscenities at us. I suppose he has a right to express his feelings but it strikes me as bullying behavior designed to intimidate and does nothing to further the aims of a peaceful society.

Perhaps he and his ilk can learn something from the birds but I won't hold my breath.

Pat Kruger
Mutual 9

Editor:

The Golden Rain Road ditch stinks and is a hotbed for mosquitos. A wire net fence with abundant bougainvillea runs its length. A year-round breeze from the nearby ocean blows through this passage, and Leisure World is tainted with this drainage stench and the mosquito stings that can be hazardous to shareholders' health.

health.

The ditch must be cleaned by sweeping up at least once or twice a year. Which authority does this work? May the agency be urged to do it as the air is rife this summer season.

—Robert Chung
Mutual 4

Editor's Note: Orange County Vector Control is in LW routinely to monitor and check for mosquito larvae and treat the channel.

Editor:

I want to personally express my appreciation to all of the Mutual 9 shareholders who supported me in the July election by giving me 474 votes for directorship. Unfortunately, my opponent got more votes than I did for Parcel 40, and I was not elected.

It is unfortunate that Mutual 9 is one of only two Mutuels that vote by parcel. Even our Mutual attorney, at a town hall meeting, advised Mutual 9 to do away with parcel voting. Voting will continue by parcel with one exception, shareholders will now only be allowed to vote for a director who lives in their parcel. If our Mutual voted at-large like the other 14 Mutuels, then I would have been easily elected to the Mutual 9 Board.

I will continue to be the voice for the Mutual 9's silent majority and a strong advocate for your rights and privileges. Again, I want to thank all of you shareholders for your work on my election campaign and for the vote of confidence I received from so many of our Mutual 9 shareholders.

Bob Croft
Mutual 9

Be Safe While Walking

by Eloy Gomez
GRF safety/emergency coordinator

This pandemic has forced everybody to adjust their lifestyles in the fight against COVID-19. Everyone has come a long way in the battle—wearing masks in public areas, washing hands frequently, socially distancing and greeting friends and family with a fist or elbow bump. One of the COVID-19 lifestyle adjustments that bothers me is how people walking for exercise on sidewalks step into traffic lanes to let others pass.

This is for social distancing purposes, but it's very dangerous as it places pedestrians in the path of traffic, upping the chances of an accident. Walking in the street is also unsafe for motorists, who might have to swerve/brake unexpectedly to avoid hitting you. So here are three things you can do to avoid walking in the street and still minimize the risk of COVID-19 exposure.

- If both you and the other person are wearing face masks, the exposure is minimal and within seconds after passing that person, there would be six-feet of

SAFETY, page 5

Scam Alert

An 84-year-old Mutual 1 resident reports falling victim to a PC Support Scam that ultimately cost him \$9,499 that he will unlikely be able to recover. He wanted to warn his fellow LW residents in an effort to prevent them from going through what he did.

The fraud started with a computer screen pop-up while he was shopping online. The pop-up window reported that his computer had a virus and it would cost \$499 to fix it. When the resident could not remove the pop-up window, he shut down his computer. A few days later and for weeks thereafter, he received calls about his "Computer Program Protection Plan," which he never ordered. But the company, called Easy Net Express, was about to charge \$499 to his credit card, he said. He repeatedly told them he was *not* interested but when they called July 1, the resident happened to be at his computer and asked what he had to do to get off the company's list.

The scammer told the resident he had been charged \$499.99 and to get it refunded they would have to process a "refund form" that he would fill out online. The next step was for them to access his computer using a program they called Team View.

The scammers used fake bank account information but it looked official, the resident said. The refund form asked for name, address, phone, name of bank, and the amount of refund. He entered \$499.99. The scammers altered that to read \$9,499.99.

After a complicated series of transactions that involved gift cards, the threat of an IRS tax and coercion, the scammers ended up with \$9,499.99 resident's money.

The resident has reported the scam to Seal Beach police, but said he feels "ashamed for being so naive and stupid to be duped by these people for \$9,000. I thought I knew better!"

He hopes his story can be a cautionary tale and save someone else from the clutches of criminals.

Remember, tech support scams that get people to pay for fake computer help or steal their personal information, are convincing.

Here's what you need to know:

- Companies like Microsoft don't call and ask for access to your computer. If you get a call like that, it's a scam.
- Real companies also won't ask for your account passwords. Only scammers do.
- Tech support scammers try to convince you they're legitimate. They'll pretend to know about a problem on your computer. They'll ask you to open normal files that look alarming to make you think you need help.
- If you do need computer help, go directly to a person, business, or website you know you can trust. General online searches are risky because they might pull up another scam.

SCAM, page 5



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Leisure World Seal Beach



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Government

AGENDA SPECIAL GOLDEN RAIN FOUNDATION BOARD OF DIRECTORS MEETING Clubhouse Four and Live Stream Monday, August 17, 2020 – 10:00 a.m.

View the meeting livestream:

- Navigate to www.lwsb.com
- Click on the Watch BOD Meeting Live tab
- The live streaming uses YouTube live and terminates at the close of the meeting

1. Call to Order/Pledge of Allegiance
2. Roll Call
3. Announcements
4. Shareholder/Member Comments

Note: Foundation Shareholder/Members are permitted to make comments before the meeting business of the Board begins. The Open Meeting Act allows boards of directors to establish reasonable time limits for the open forum and for speakers to address the board. (Civ. Code §4925(b).) Time limits, per speaker, are limited to:

- 4 -minute limit per speaker, when there are no more than 15 speakers
 - 3-minute limit per speaker, 16- 25 speakers
 - 2-minute limit per speaker, over 26 speakers
5. New Business
 - a. Preliminary 2020-2021 Operating Budget Review
 6. Board Member Comments
 7. Next Meeting/Adjournment

August 25, 1 p.m., Clubhouse 4 and live stream

Revised 2020 GRF & Mutual Election and Annual Meeting Schedule

	Mu.	No. of Units	Quorum	No. of Directors Being Elected	Candidate Application Begins*	Candidate Application Deadline**	Ballots Mailed (30 days before election) ***	Meeting Day	Meeting Date	Meeting Time	Notes
JULY	7	384	193	5	Fri. 2/14	Mon. 3/16	Sun. 6/14	2 nd Tues.	7/14	10 a.m.	
	10	276	139	5	Fri. 2/14	Mon. 3/16	Mon. 6/15	3 rd Wed.	7/15	10 a.m.	
	14	328	165	7	Fri. 2/14	Mon. 3/16	Tues. 6/16	3 rd Thurs.	7/16	10 a.m.	
	9	384	193	7	Fri. 2/14	Mon. 3/16	Wed. 6/24	4 th Fri.	7/24	10 a.m.	Parcels in effect
	8	348	175	5	Fri. 2/14	Mon. 3/16	Sat. 6/27	4 th Mon.	7/27	10 a.m.	
	4	396	132	3	Wed. 2/12	Fri. 3/13	Mon. 6/22	4 th Wed.	7/22	10 a.m.	Staggered terms
	16	60	20	5	Wed. 2/12	Fri. 3/13	Mon. 6/22	4 th Wed.	7/22	2 p.m.	Election & Annual Meeting held in Admin. Conf. Room
11	312	157	6	Fri. 2/14	Mon. 3/16	Tues. 6/23	4 th Thurs.	7/23	10 a.m.		
AUGUST	Golden Rain Foundation				Candidate Application Begins*	Candidate Application Deadline**	Ballots Mailed (30 days before election) ***	Ballot Counting Meeting Day	Ballot Counting Meeting Date	Ballot Counting Meeting Time	Notes
	Mutuals 2, 4, 6, 8, 10, 12, 14 & 16				Wed. 3/4	Fri. 4/3	Sun. 7/5	1 st Tues.	8/4	10 a.m.	New directors will be installed at GRF Annual Meeting on 8/4
	Mu.	No. of Units	Quorum	No. of Directors Being Elected	Candidate Application Begins*	Candidate Application Deadline**	Ballots Mailed (30 days before election) ***	Meeting Day	Meeting Date	Meeting Time	Notes
AUGUST	6	408	205	7	Fri. 2/14	Mon. 3/16	Wed. 7/8	1 st Fri.	8/07	10 a.m.	
	1	844	282	5	Fri. 2/14	Wed. 3/25	Sat. 7/11	2 nd Mon.	8/10	10 a.m.	Staggered Terms
	5	492	164	4	Tue. 2/25	Thur. 3/26	Sun. 7/12	2 nd Tues.	8/11	10 a.m.	Staggered Terms.
	3	432	217	7	Fri. 2/21	Mon. 3/23	Mon. 7/13	2 nd Wed.	8/12	10 a.m.	
	12	452	151	7	Thur. 2/27	Sat. 3/28	Tues. 7/14	2 nd Thurs.	8/13	10 a.m.	Parcels in effect
	2	864	433	9	Fri. 2/21	Tue. 3/24	Wed. 7/15	2 nd Fri.	8/14	10 a.m.	
	15	502	252	7	Fri. 2/28	Tue. 3/31	Wed. 7/22	3 rd Fri.	8/21	10 a.m.	
	17	126	95	3	Tue. 3/10	Thu. 4/9	Sun. 7/26	4 th Tues.	8/25	10 a.m.	Staggered Terms.

NOTE:
* = If the date to apply as a candidate falls on a Saturday or Sunday, applications may be picked up the previous Friday.
** = On deadlines that fall on a Saturday or Sunday, applications will be accepted the following Monday. Candidate applications must be received in Stock Transfer Office by no later than 4:30 p.m. on the deadline day.
*** = If the date to mail ballots (30 days before the election) falls on a Friday, Saturday or Sunday, the ballots will be mailed the previous Thursday.
Revised 7/24/2020

TAX from page 2

on their purchase price.

The ballot initiative would exempt a small business's tangible personal property from taxes and \$500,000 in value for a non-small business's tangible personal property.

The state fiscal analyst estimated that, upon full implementation, the ballot initiative would generate between \$8-\$12.5 billion in revenue per year.

How would revenue from the change in taxation be distributed?

The ballot initiative would create a process in the state constitution for distributing revenue from the revised tax on commercial and industrial properties. The ballot initiative would distribute the revenue to specific areas, rather than the General Fund. First, the revenue would be distributed to the state to supplement decreases in revenue from the state's personal income tax and corporation tax due to increased tax deductions and to counties to cover the costs of implementing the measure. Second, 60 percent of the remaining funds would be distributed to local governments and special districts, and 40 percent would be distributed to school districts and community colleges (via a new Local School and Community College Property Tax Fund). Revenue appropriated for education would be divided as follows: 11 percent for community colleges and 89 percent for public schools, charter schools, and county education offices.

There would also be a requirement that schools and colleges receive an annual minimum of \$100 (adjusted each year) per full-time student.

For more information, see *ballotpedia.org* and *www.sos.ca.gov/elections/ballot-measures*.

please do not step into the street. You have come a long way to avoid contracting the virus, don't spoil your efforts now and risk being injured by a vehicle.

choices above, step aside onto a walkway or sidewalk, exercise caution when stepping onto uneven surfaces.

Whatever you choose to do,

Meeting Recap

THE PRESIDENTS' COUNCIL August 6, 2020 Conference Room A and Zoom

The regular monthly meeting of the Presidents' Council of Seal Beach Leisure World was convened at 9 a.m., by President Jackie Dunagan, on Thursday, Aug. 6, in Conference Room A and via Zoom video-telephone conference.

The following is a recap of the meeting:

- The regular monthly Council meeting minutes of July 2, 2020 were approved, by general consent of the Council, as written.
- Mark Weaver, Physical Properties Facilities Director, provided an update on the schedule for the upcoming pavement project.
- Victor Rocha, Security Services Director, discussed the difference between a welfare check and an Occupancy Agreement check.
- Ms. Sharmo, representative of Innovative Cleaning Services (ICS) discussed the different types of disinfectant services their company can provide to the Mutuals.
- Jodi Hopkins, Mutual Administration Director, presented Mutual Administration and Stock Transfer office reports and provided an update on Fiduciary Training.
- Randy Ankeny, GRF Executive Director, stated that GRF as an employer abides by California Labor Laws, specifically regarding staff privacy.
- Mr. Ankeny spoke on pets and pesticide treatments; Facilities Director Mark Weaver will come up with a master schedule to provide a safe zone for shareholders to walk their dogs during the pesticide treatments. All manufacturer's suggestions will be followed.
- It was mentioned that the Finance Committee will be discussing and voting on increasing the SRO rate to \$45.
- Mr. Ankeny gave an update on the details for the upcoming Annual Board Training, COVID-19, the Access system, the swimming pool timeline, Clubhouse 3 project and Fitness Center Project.
- The Council, following a discussion and through majority consensus, decided to move the Election of Officers to October 2020.
- The Council discussed Leisure World Seal Beach and its status as an active senior living community.

Next Council meeting: Thursday, Sept. 3, at 9 a.m., via Zoom

SCAM from page 4

If people you know were already scammed, here's what to tell them:

- If you paid with a credit or debit card, call your credit card company or bank immediately and tell them what happened.
- If you paid with a gift card, contact the gift card company (iTunes, Amazon, etc.) ASAP to see if the funds are still on the card and can be frozen before it's too late (the funds had already been drained from the gift cards in the LWer's situation).
- A tech support scammer who has access to your computer can install malware. Update your computer's security software, scan your computer, and delete anything it identifies as a problem. Restart your computer to be sure the changes take effect. Going forward, download security updates as soon as they are available. Most operating systems have a setting to download and install security updates automatically. Use it. And install updates for your other software, including apps.
- If the scammer got your password for a financial account, or a site like Amazon, change the password immediately. Contact the company directly to make sure nobody has broken into your account.
- Report your experience to *ftc.gov/complaint*. You're not alone, and reporting these scams helps law enforcement go after the people behind tech support scams.

Schedule of Mutual Meetings

Mutual residents are invited to attend the open meetings of their mutual boards (*schedule subject to change*).

Thurs., Aug. 13	Mutual 12, annual virtual..... 10 a.m.
Fri., Aug. 14	Mutual 2, annual CH 4/virtual..... 10 a.m.
Fri., Aug. 14	Mutual 3 canceled9 a.m.
Mon., Aug. 17	Mutual 15 virtual..... 1 p.m.
Tues., Aug 18	Mutual 14 virtual..... 1 p.m.
Wed., Aug. 19	Mutual 5 canceled9 a.m.
Wed., Aug. 19	Mutual 7 virtual..... 1 p.m.
Thurs., Aug. 20	Mutual 2 canceled9 a.m.
Thurs., Aug. 20	Mutual 11 virtual..... 1:30 p.m.
Fri., Aug. 21	Mutual 15, annual CH 4/virtual..... 10 a.m.
Mon., Aug. 24	Mutual 8 virtual9 a.m.
Tues., Aug. 25	Mutual 17, annual CH 4/virtual..... 10 a.m.
Wed., Aug. 26	Mutual 10 virtual.....9 a.m.
Thurs., Aug. 27	Mutual 1 Virtual.....9 a.m.
Fri., Aug. 28	Mutual 6 virtual..... 9:30 a.m.

GRF Committee Meetings

Golden Rain Foundation committee and board meetings are open to Leisure World residents. The following is a tentative schedule (*meetings are dependent on orders related to COVID-19; check schedules for latest information*). *Public health and safety measures will be in place to protect membership and staff with limited in-person seating at Clubhouse 4. Physical distancing and wearing a face mask will be required:*

Mon., Aug. 17	Special GRF Board Meeting Clubhouse 4/Zoom/livestream 9 a.m.
Tues., Aug. 18	COVID-19 Ad Hoc Committee Clubhouse 4/virtual 10 a.m.
Tues., Aug. 18	Special ADRC virtual 1 p.m.
Tues., Aug. 25	GRF Monthly Meeting Clubhouse 4..... 1 p.m.

SAFETY from page 4

social distancing.

- Momentarily hold your breath as you walk past that person.
- If you are skeptical of the two

Religion

CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

Ministering with tenderness

By Jim Greer
LW contributor

Sister Sharon Eubank, president of Latter-day Saint Charities, sees the world in a way that others can only imagine. In a recent blog post titled “Humanitarian = Ministering = Love,” she states, “As the world reacts to the coronavirus, this is a time to refine our generosity and tenderness toward one another.” Sister Eubank relates how so many people contact her regarding careers in humanitarian work. She states that “almost without fail, these individuals feel passionately about helping the poor and have been drawn to humanitarian service from a young age.”

To those who hope to work in the humanitarian field, she asks, “Tell me about the person you minister to.” As members of Christ’s church, each of us has a responsibility to care for, or minister to, one another. And, in her more than 20 years of compassionate service, Sister Eubank has witnessed countless acts of generosity, love and service for God’s suffering children.

Perhaps the best humanitarian mission statement came from Jesus Christ. He said, “As I have loved you, that ye also love one another” (John 15:12). And as Sister Eubank puts it, “if you want to be a good humanitarian, be a good minister; it is exactly the same work.”

Personal ministering is the most significant humanitarian work we can perform. Developing the desire and ability to perceive the needs of people we encounter every day is central to establishing a life of serving others. Eubank continued, “At its core, ministering is a tenderness, an ability to see someone for who they are at their best and a willingness to help them with anything they want or need in order to be better.”

The tenderness with which our Heavenly Father and the Savior view us is the same viewpoint each of us should have as we consider one another in our frailties. Ultimately, ministering blesses not only those being served, but also, those who minister. Those to whom we minister have a variety of physical, spiritual, and emotional needs. Therefore, Sister Eubank challenges us that as we meet these needs we should also:

- Lead with compassion.
- Refrain from passing judgment.
- Keep confidences.
- Show love to others, even if their lives are different from ours.

With all that is going on around us, it’s easy to believe that one person really can’t make a difference, or that others are better suited to serve. These assumptions are incorrect. What makes a difference in a person’s life is the humble effort of the minister.

Those who visit the Humanitarian Center in Salt Lake City view a short film explaining the Church’s humanitarian efforts. With narration provided by Elder Jeffrey R. Holland, the following significant statement is made: “The Lord answers our prayers, most of the time, I think, by sending other people. Well, I pray he’ll send us. I pray we’ll be the answer to other people’s prayers.”

Sister Eubank concluded her blog with this statement, “As we deal with viruses and disasters and personal heartaches—ministering is the way the Lord sends us to each other. It is how we can each become the answer to other people’s prayers. It is revelatory. It will encourage others. It will refine our generosity and tenderness. I invite you to join me in the greatest humanitarian cause on earth.”

To receive or become a ministering brother or sister, contact the Elder’s Quorum President Matt Dean at (714) 654-6241 or Relief Society President Laurie Pollard at (801) 602-7328.

LW Baptist

By Rolland Coburn
Pastor

God’s Word promises grace for every need, “And God is able to make all grace overflow to you, so that in all things and at all times having all you need you may overflow in every kind of good work,” (2 Corinthians 9:8).

Faith is the heart’s hand that receives God’s free gift: his grace (help or special provision and enablement).

The Bible says God requires faith to receive his promised benefits (James 1:6-7).

Jesus cites a widow’s faith outside Israel to illustrate faith’s necessity and to convict people’s lack of faith in God. Jesus said, “I assure you that there were many widows in Israel in Elijah’s time, during the three-and-a-half year famine; yet Elijah was sent to none of them, but to a widow in Zarephath in the vicinity of Sidon” (Luke 4:25-26).

When Elijah got to the city gate, a widow was there gathering sticks. He called to her and said, “Bring me a little water to drink,” (1 Kings 17:8-16). As she was going, he called, “And bring me a morsel of bread.” She replied, “As the Lord your God lives, I have enough only for a little bread for me and my son to eat and then die. Elijah said to her, “Do not fear. Make and bring me a small cake first, and afterwards for yourself and your son. For thus says the Lord, your supply will not run out until the day that the Lord relieves the famine.” She did as Elijah said, and she and Elijah and her household ate for many days until the famine ended, as God’s word promised.

Jesus’ point is that God’s provision of grace is sure, but not all have faith. We must learn to trust God for his grace.

In my mother’s hymnal, she noted as one of her favorite gospel songs by Annie Johnson Flint “He Giveth More Grace.” The song recognizes daily needs as tests of faith. It reflects on

LW BAPTIST, page 7

Beit HaLev

The coronavirus has opened up a new method of communication for those of us who are sheltering in place, so Beit HaLev is now providing services on Zoom. Anyone interested in joining the Beit HaLev Zoom community for services and Hebrew lessons should contact the rabbi at (562) 715-0888 for access and instructions on how to use Zoom.

Beit HaLev is continuing to livestream on Facebook and YouTube as well. To attend, go to Rabbi Galit Shirah’s website at galityomtov.com, [Facebook.com/galityomtov](https://www.facebook.com/galityomtov) or [YouTube.com](https://www.youtube.com/channel/UC...) (Shabbat Shalom LIVE! channel). Evening services begin at 6 and morning services begin at 10:30. A link to the PDF version of each prayerbook is provided at each service.

The Torah reading this week is from Deuteronomy 11:26-12:28; “Reih” (See) is Moses’ challenge to the Israelites to choose between Blessing and Curse. The people are split into two groups and instructed to ritually affirm their covenant with HaShem by shouting the blessings from Mt. Gerizim and the curses from Mt. Ebal. The blessings include all the gifts of the new land if the people follow God’s mitzvot (commandments), and the curses are all the bad things that will befall the people if they abandon God’s mitzvot.

Rabbi Galit Shirah conducts a weekday Ma’ariv service every Thursday for Sim Shalom, the online synagogue. Sim Shalom presents livestream services Monday-Thursday, with a different rabbi each day. To say Kaddish, pray for healing and hear a spiritual message, go to SimShalom.com.

Rabbi Galit Shirah also teaches online Hebrew (Prayerbook and Conversational) and Cantillation (Torah chanting) for anyone who wants to learn something new. Contact the Rabbi at (562) 715-0888 or duets@icloud.com.

Congregation Sholom

Rabbi Karen Isenberg will stream Friday night services at 6:30 on Aug. 14 on The Congregation Sholom of Leisure World Facebook page. To join, select the “Rooms” tab, then click on “Jewish Activities” and “Join to Restart.” Rabbi Isenberg will also be on Facebook for the Saturday morning services at 9:30 on Aug. 15.

Join Congregation Sholom on Sunday, Aug. 16 at 2 p.m. for a safe, socially distanced boat ride via London boat rides. The group will meet at 1:30 just below the Boathouse Restaurant at 186 N. Marina Dr. #4601 Long Beach 90803. To RSVP, contact Susan Michlin at (805) 501-5268.

The book club has chosen a new book, “The Little Bride” by Anna Solomon. It is less than \$5 to purchase. A room has been added to the Congregation Sholom Facebook for the book club for the group to meet on Tuesday, Aug. 18, at 1:30.

Anyone who wants to participate in Congregation Sholom’s games, book club or live streamed services on the Congregation Sholom of Leisure World Group Facebook page, can call Susan Michlin at (805) 501-5268 to be added to the rooms.

Electric Shabbat Candles are available for \$8. This will enable you to light a candle on Friday night and keep it burning until after Havdalah on Saturday night without a risk of fire. Contact Carol Levine if you want a set. They have graciously been obtained for Leisure World residents by Rachel Berkowitz of Chabad.

Congregation Sholom will have a membership drive this month. More information to follow.

Anyone who wants to become a member to participate in the live streamed services on the Congregation Sholom of Leisure World Group Facebook page can call Ron Yaffee at (562) 430-7040. Congregation Sholom hopes that its members and all of Leisure World stay well and safe during the current pandemic.

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REDEEMER LUTHERAN & ST. THEODORE CHURCHES

Be not afraid or ever feel alone

By Lisa Rotchford
Reverend

Though many of us are called to be in our homes and feeling isolated during this time, it's important to remember you are never completely alone. Our Judeo-Christian ancestors, who lived through wars, famines and plagues knew fear and isolation, they were reminded by their faith of who was beside them and strengthened them and abided with them. God is with you too.

In his farewell address to the Israelites before they entered the promised land without him, Moses reminds them (and us!):

- "So be strong and courageous! Do not be afraid or discouraged. For the Lord your God will personally go ahead of you. He will neither fail you nor abandon you" (Deuteronomy 31:6-8).
- Joshua then picks up where Moses left off: "Be brave. Be fearless. You are never alone" (Joshua 1:9).
- The prophet Isaiah strengthens the faithful when he proclaimed: "Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand" (Isaiah 41:10).
- The apostle Matthew made sure that Jesus' last words of Matthew's Gospel would strengthen us in anything we face: "And be sure of this: I am with you always, even to the end of the age" (Matthew 28:20).
- And St. John makes sure he recorded some of the last words that Jesus' left with his followers to strengthen us into our journeys:
- "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid" (John 14:27 NIV).

If you need pastoral care or would like to be added to our mailing list to keep up with the events and services that both Redeemer and St. Theodore's offers, call (562) 598-8697. As a community, we always offer prayer. Come sit at the foot of our cross — in our newly landscaped front area, complete with resting bench — (13564 Saint Andrew's Drive) and never feel alone as peace and hope reign always.

Faith Christian Assembly

Faith Christian Assembly believes it is important for men and women to have a ministry devoted to them. Both groups will meet this week. The Women's Ministry, Touch of Love, under the direction of Linda Hernandez will meet Thursday, Aug. 20, at 1 p.m. in the Garden Room. The Men's Ministry under the direction of Gary Leming will also meet at 1 p.m. in the main Sanctuary. Take advantage of these special ministries that are devoted to men and women.

Those who cannot attend the live Sunday or Wednesday services can call in to the conference call at 10:50 a.m. dial (425)436-6371, access code: 576671# to listen in.

Out of an abundance of caution, all who attend will have their temperature at the door, wear a mask before and after service and sit socially distant from others.

Faith Chirsitan Assembly will also have additional conference calls at 5:45 p.m. on Sunday and Wednesdays at 11a.m. for its Bible study.

Due to COVID-19, Faith Christian Assembly is not currently having its regular ministries at this time, but will resume as soon as as possible

To receive a free newsletter and more information on the church, call (562) 598-9010 or visit the website at www.FCAchurch.net.

Assembly of God

Norma Ballinger
LW contributor

The congregation at Assembly of God is being held together during this pandemic with the DVD delivered weekly by Pastor Sam Pawlak. This recording of a church service is a blessing to many, both members and friends of the church. Pastor Sam also brings a brief devotion on Facebook each Sunday at 10 a.m. Another connection is through the prayer and praise emails that are sent by Carolyn VanAalst.

When you may feel you are losing hope, read John 14:6. This is what Jesus is saying, "...I am the way, and the truth, and the life. No one comes to the Father except through me."

Jesus wants us to hold his hand and walk joyously with him through the day. Together we will savor the pleasures and endure the difficulties it brings. There is no need to feel alone or without hope. Be on the lookout for everything he has prepared, the stunning scenery, cozy nooks for resting when you are weary and much more.

No one has to choose between staying close to God and staying on course. Since "he is the way," staying close to him is staying on course. Don't worry about what may be just around the corner, just concentrate on enjoying his presence and staying in step with him.

"If you are depressed, you're living in the past; if you are anxious you're living in the future; if you are at peace, you're living in the present." The only way to do this is to hold Jesus' hand and walk with him through the day.



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LW^{Weekly}

Community Church

By Johan Dodge
Reverend

I often use one word titles for my teaching message each Sunday and this coming Sunday I will be speaking on "Renewal." The name for this teaching comes from one of the verses in the Epistle (fancy way of saying letter) to the Christian community in Rome — typically just called the book of Romans in the New Testament of the Bible.

Renewal sounds better than a lot of words that are similar because it's about something new or different, it's about restoring to what was, and that always feels a little more comfortable than say the word transformation, or the dreaded word — change.

Let's be honest, as human beings, we don't like the word change and we enjoy actually changing even less. But often it is change or transformation that makes the difference in improving our lives.

In the Epistle to the Romans, the author writes the following about transformation and renewal: "Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God—what is good and acceptable and perfect" (Romans 12:2 NRSV). I will be sharing more about this passage and the benefit of renewal, especially amidst this time of uncertainty on Sunday, Aug. 16.

I invite you to tune into worship Sunday morning at 9:50 on Facebook live @communitychurchleisureworld. Those who want to join virtual fellowship will need to call the church office or email leisurewccsue@yahoo.com. Those who don't have a computer or Facebook, can call in to the phone system at (562) 431-2503 and listen to the weekly message beginning Sunday evening.

As always, if you are in need without another way to address that need, you may call the church office to leave me a message at (562) 431-2503.

The LW Weekly
430-0534

First Christian Church

By Bruce Humes
Pastor

Proverbs 3:5-6 says, "Trust in the Lord with all your heart and lean not on your own understanding; In all your ways acknowledge Him, and He shall direct your paths." For most students of the Holy Bible, this is a very familiar verse of Scripture and may even be one that has been put to memory. As I was reading it during one of my morning devotions I began to question myself concerning my commitment to the content of the message. Am I trusting in the Lord with all my heart? And am I leaning on my own understanding rather than his?

I reflected on this current worldwide pandemic. Our communities are gripped in fear, anxiety and stress, and it has changed the way of living completely. I am overwhelmed with confusing and conflicting information, data, opinions, guidelines, policies and procedures from the news media and social media. An endless parade of politicians, doctors, talk show hosts and their guests, athletes, actors, and some real experts in the field of viruses with a long list of credentials behind their name tell me how to deal with this pandemic and live my life. Who do I listen to and put my trust in for the truth? Not knowing or understanding much about viruses myself, I found myself trusting in them, leaning on their understanding which is questionable concerning this virus, and it has been anything but comforting.

Back in verse 1 it said, "My son, do not forget my law, (put it in your mind, memorize it) But let your heart keep my commands." And in verse 3, "Let not mercy and truth forsake you; bind them around your neck, write them on the tablet of your heart." These two scriptures gave me a clear message that I was not only to be mindful of God's laws and instruction, wearing it like a piece of fine jewelry, but it should be part of my life, part of my very being. So in that moment I recommitted myself to that end, to "Trust in the Lord with all my heart, and lean on his understanding." I'll follow all the guidelines as set forth by those in charge, but my trust will be in the Lord. He is the one that has a complete understanding of this virus.

The verse goes on to say, "In all your ways acknowledge Him, and He shall direct your paths." That's what I have recommitted to do! To know him in all aspects of my life, and in so doing he will guide my paths. That's a very comforting promise, regardless of what may be going on, he has promised to lead me as I go.

Perhaps you have found yourself in this area of trusting in or leaning on those who have no clear understanding, and it has caused you fear and anxiety. I would encourage you to put your "Trust in the Lord, and lean on Him, acknowledge Him, and let Him guide your ways, making them smooth and straight." Psalm 118:8 says, "It is better to trust in the Lord than to put confidence in man."

If you wish to speak to someone at the church or if you have a need, call the First Christian Church office at (562) 431-8810.

Holy Family Catholic Church

Friar Juan's initiative to celebrate mass outside the church building has worked beautifully.

Saturday (Virgil Mass) at 5 p.m. in the back of the church and Sunday Mass will be at 8 a.m. and 10 a.m. in the front fo the chuch. There will not be noon Mass.

Those who attend must a wear a mask or face shield and remain socially distanced. Holy Family asks attendees to bring their own seat if possible.

LW BAPTIST

From page 6

"weariness and weakness, He giveth more grace when the burdens grow greater/ He sendeth more strength when the labors increase/ To added affliction He addeth His mercy/ To multiplied trials, His multiplied peace."

"When we have exhausted our store of endurance/When our strength has failed ere the day is half-done/ When we reach the end of our hoarded resources/ Our Father's full giving is only begun."

"His love has no limit, His grace has no measure/ His power no boundary known unto men/ For out of His infinite riches in Jesus/ He giveth and giveth and giveth again."

Yes, "He gives strength to the weary and increases the power of the weak" (Isaiah 40:29) every day.



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Health & Fitness

Meals on Wheels, Long Beach

Meals on Wheels of Long Beach, Inc. (MOWLB), delivers freshly cooked meals daily, Monday thru Friday, between 10:30 a.m.–12:30 p.m. Deliveries include a hot dinner, cold lunch, dessert and 8oz. carton of one percent milk. The cold lunch may be an entree salad or a sandwich with a small side salad. A diabetic dessert is available for those in need. Contact Caron Adler at (562) 439-5000, ext. 2 or visit www.mowlb.org to complete an online application. To cancel a meal for the following day, you must contact Caron before 9 a.m. the prior business day. Menu is subject to change without notice.

Thursday, Aug. 13: Hawaiian chicken with pineapple, brown and wild rice, Oriental vegetables, fresh cantaloupe, ham and cheese sandwich with lettuce, tomato and pickle, tri-color pasta salad.

Friday, Aug 14: Beef stew with potatoes, celery, onions, carrots and corn, biscuit, fresh orange, chicken pasta salad, green, yellow and red bell peppers, black olives, feta cheese, dressing and crackers.

Monday, Aug. 17: Herb roasted chicken leg and thigh, creamy noodles, California blended vegetables, peaches, chicken salad sandwich with spinach and tomato, marinated beet salad.

Tuesday, Aug 18: Roasted pork loin with apple berry sauce, brown rice, zucchini and tomatoes, chocolate pudding, entree taco salad with shredded chicken, diced tomato, corn, black beans, cheese, cilantro, salsa dressing

Wednesday, Aug. 19: Salisbury steak with mushroom gravy, garlic and chive mashed potatoes, lemon pepper broccoli, fresh peach or plum, turkey, ham and cheese sandwich with lettuce, tomato and pickle, creamy coleslaw.

OPTUM

How to stay hydrated this summer

By Carson Blomquist
LW contributor

It's been a mild start to summer, but we still need to take important precautions to avoid dehydration.

What is dehydration? It means your body doesn't have enough water. This may not sound so bad, but water is critical to your organs. If you are dehydrated, your body won't be able to function as well. And if you don't get water soon, your body could suffer long-term damage.

It's easy to get dehydrated. Your body uses water on leisurely strolls around your mutual. On a very hot day, your body uses a lot of water for the same stroll. Your body even uses a lot of water when you're not moving, like when you are enjoying a concert at the amphitheater on a hot night.

You can help avoid dehydration by bringing snacks with you when you head outside:

- **Fruits and veggies:** Some of your favorites are chock-full of minerals, vitamins, and water: cucumbers, carrots, grapes, and watermelon (of course!).
- **Drinks:** Water is a great choice, but it's not the only one. Low-sugar sports drinks are also a tasty option. Avoid alcohol and coffee, since those can dehydrate you.

What to watch for:

If you catch dehydration early on, you can treat it yourself. Stay cool, rest, and enjoy some of the fruits, veggies, and drinks listed above. These are common symptoms of mild dehydration:

- Dark yellow urine
- Dry lips, mouth, and tongue
- Lower energy than usual

Also keep an eye out for these symptoms:

- Confusion, fainting, or sleepiness
- Rapid heartbeat and breathing
- No tears, sweat, or urine

These are symptoms of more serious dehydration. If you're experiencing any of these, give your doctor a call to find out what you should do to manage it.

OC GREAT PLATES

Order Kosher Meals on Wheels

Pirchei Kosher is serving through Orange County's Great Plates program Kosher meal delivery for those who qualify. This is a meal delivery service providing three meals a day for the duration of the program. To enroll, call Pirchei at (949) 215-9995.

Other programs may be available for those who may not be able to qualify for this program. Contact us for more information or visit www.yppshul.com/kosher.

Those who are over 65 may qualify for the Kosher meal service. This is a limited time program and to enroll you must contact us as soon as possible. Those who are 60-64 and have exposure to COVID-19, may qualify under other categories.

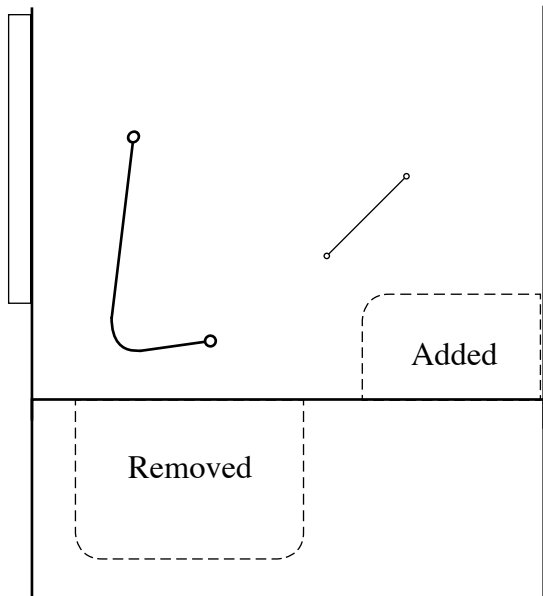
This program is funded in part through a grant from the California Office of Emergency Services, as allocated by the Orange County Board of Supervisors and administered by the Office on Aging.

The LW Weekly
430-0534

Finding new ways to stay healthy during quarantine?
Email your **Health** stories to laurieb@lwsb.com

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Seven ways to choose healthier meals

Making healthy food choices is a smart thing to do—no matter how old you are! Your body changes through your 60s, 70s, 80s, and beyond. Food provides nutrients you need as you age. Use these tips to choose foods and beverages for better health at each stage of life.

1. Drink Plenty of Liquids

With age, you may lose some of your sense of thirst. Drink water often. Low-fat or fat-free milk or 100 percent juice also helps you stay hydrated. Limit beverages that have lots of added sugars or salt. Learn which liquids are healthier choices.

2. Know How Much to Eat

Learn to recognize how much to eat so you can control portion size. When eating out, pack part of your meal to eat later. One restaurant dish might be enough for two meals or more.

3. Eat for Your Teeth and Gums

Many people find that their teeth and gums change as they age. People with dental problems sometimes find it hard to chew fruits, vegetables, or meats. Don't miss out on needed nutrients! Eating softer foods can help. Try cooked or canned foods like unsweetened fruit, low-sodium soups or canned tuna.

4. Use Herbs and Spices

Foods may seem to lose their flavor as you age. If favorite dishes taste different, it may not be the cook! Maybe your sense of smell, sense of taste, or both have changed. Medicines may also change how foods taste. Add flavor to your meals with herbs and spices.

5. Keep Food Safe

Don't take a chance with your health. A food-related illness can be life threatening for an older person. Throw out food that might not be safe. Avoid certain foods that are always risky for an older person, such as unpasteurized dairy foods. Other foods can be harmful to you when they are raw or undercooked, such as eggs, sprouts, fish, shellfish, meat or poultry.

6. Read the Nutrition Facts Label

Make the right choices when buying food. Pay attention to important nutrients to know as well as calories, fats, sodium, and the rest of the Nutrition Facts label. Ask your doctor if there are ingredients and nutrients you might need to limit or to increase.

7. Ask Your Doctor about Vitamins or Supplements

Food is the best way to get nutrients you need. Should you take vitamins or other pills or powders with herbs and minerals? These are called dietary supplements. Your doctor will know if you need them. More may not be better. Some can interfere with your medicines or affect your medical conditions.

-From www.nai.gov

Community



Neighbors, SB policemen and firefighters put on a COVID-19 safe birthday celebration for LWer Thelma Kieffer, who celebrated her century birthday on July 29.

LW BIRTHDAYS

Thelma Kieffer celebrates 100 years

Since her, son Randy and his wife Christine could not fly from their home on East coast due to the spread of COVID-19, Joanna Matos with the help of Elizabeth Daniels, organized a bigger-than-life surprise lawn birthday party for Thelma Kieffer's 100th birthday.

Thelma's health provider Scan began the party celebration with a guitarist singing, balloon bouquet, huge cards and a gift. Thelma didn't blow out her 100 candles but her favorite lemon cake from Ralph's Market was served to her neighbors.

Jim Gauderman, the Seal Beach Police volunteer fleet manager, pulled up in front of Thelma's home on Oakmont Street with a surprise of three police cars, sirens and lights to make a presentation of two commemorative coins. The volunteer officers stayed to greet the neighbors with a friendly "elbow."

The Seal Beach Battalion Fire Truck also rolled up and the surprise just got bigger. Thelma was a good sport when Fire Capt. Steve Kirha asked her if she like to hold the hose. Fireman Feldman promptly crowned her with his helmet. Capt. Kirha told Thelma that his birthday was also July 29. It is one birthday Thelma will not forget with neighbors, singing, cards, flowers, lemon cake, banners, lawn decorations, balloons, Seal Beach Police, the big red Seal Beach Fire truck and the love shown her on her special Century day.



Friends and neighbors joined Mutual 1 resident Yoon Lee on July 7 to celebrate her birthday. Yoon was serenaded, received a balloon bouquet and a Lynda Walker Original card. Those celebrating were Pauline Fitzsimmons (l-r), Shawn Lee, Yoon Lee, Taylor White, Joan Mullins and Debbi Fudge.

SBTV Listings

SBTV-3 airs on TWC-Spectrum Channel 3, Frontier Fios Channel 37 and online streaming at sbtv3.org/schedule. Have Roku? Go to <http://roku.streamsource.tv/add/sbtv>. The playback schedule is available at Sbtv3.org.

Thursday, August 13

- 4 pm Sailing, Sailing, Sails Aweigh
- 4:18 pm LW Eric part 1 & 2
- 5 pm LW Entertainment
- 5:23 pm Suede Soul Dancers
- 7 pm Back to Bourbon Steet
- 7:40 pm Betty Price Chimes Soloist
- 8:30 pm Cerritos Center- Matt Mauser

10:30 pm Bob Cole Conservancy

Friday, August 14

- 4 pm LW- Eric and Sandy
- 4:30 pm Anna Derby 71st Birthday
- 4:45 pm Wally Schirra
- 5:30 pm History of Las Vegas Part 1
- 6:40 pm History of Las Vegas Part 2
- 8 pm Seal Beach City Limits: Seal Beach Police Department
- 9 pm Cerritos Center- Golden Dragon Acrobats
- 10:37 pm Cerritos Center- The Four Tenors

Saturday, August 15

- 4 pm Vinyl Rock Valentine Concert
- 6:15 pm LW Hula Dance Club
- 6:30 pm Harmonn Islanders
- 7 pm Beginning of Leisure World
- 7:15 pm Back to Bourbon Street
- 8 pm LAUSD
- 12 am Cerritos Center- Matt Mauser

Sunday, August 16

- 4 pm Seal Beach City Council Meeting 8/10 Replay
- 5:05 pm Betty Price Chimes Solist
- 6 pm Aquarium of the Pacific
- 7 pm Spirit of Seal Beach
- 7:30 pm History of Seal Beach
- 8 pm Wally Shirra/Newsreel 1964
- 8:30 pm Eric and Sandy-LW
- 9 pm Betty Price Chimes Soloist
- 10 pm Abilene Ampitheater
- 11:35 pm Bob Cole Conservancy

Monday, August 17

- 4 pm LW Entertainment
- 4:30 pm LW Hula Dance Club
- 4:45 pm LW Special Olympics
- 5 pm Sailing, Sailing, Sails Aweigh
- 5:18 pm LW- Eric Part 1 & 2
- 6 pm History of Seal Beach
- 6:30 pm Spirit of Seal Beach
- 7 pm SB Planning Committee LIVE
- 8 pm World's Fair Newsreel
- 8:15 pm Beginning of LW
- 8:30 pm Suede Soul Dancers
- 9:05 pm LW Entertainment
- 9:30 pm Vinyl Rock Valentine Concert
- 11:40 pm National Parks/Drone Club

Tuesday, August 18

- 4 pm Sailing, Sailing, Sails Aweigh
- 4:18 pm LW- Eric Part 1 & 2
- 5 pm LW Entertainment
- 5:23 pm Suede Soul Dancers
- 7 pm Back to Bourbon Street
- 7:40 pm Betty Price Chimes Soloist
- 8:30 pm Cerritos Center: Matt Mauser

10:30 pm Bob Cole Conservancy

Wednesday, August 19

- 4 pm Eric and Sandy- LW
- 4:30 pm LW- Anna Derby's 71st Birthday
- 5:30 pm History of Las Vegas Part 1
- 6:30 pm History of Las Vegas Part 2
- 8 pm Seal Beach City Limits: Seal Beach Police department
- 9 pm Cerritos Center: Golden Dragon Acrobatics
- 10:30 pm Cerritos Center- The Four Tenors
- 11:30 pm Bob Cole Conservancy

*All programming is subject to change.



Joni Blank-Malukas of Mutual 5 holds her birds, Tango and Pea-O who have been named the "Pet of the Month" by the Paws, Claws and Beaks Club.

PAWS, CLAWS AND BEAKS

Birds can be great therapy pets

Parrots Pea-O and Tango are owned and trained by Joni Blank-Malukas of Mutual 15. Both birds are certified therapy birds through the largest organization of its kind in the United States called Pet Partners, the only organization that certifies a variety of animals, not just dogs, cats and birds. It also certifies other animals such as pigs, rabbits, guinea pigs, llamas, alpacas, donkeys and miniature horses

There are 10,250 certified animals nationally, with over 10,000 being dogs

Tango is a 20-year-old Blue-Crowned-Conure Parrot. They can live up to 30 years. This species is found in Argentina. She is the same species of parrot as portrayed in the movie "Paulie" from the 1990s. Tango can talk and do tricks while visiting patients who can hold, pet and cuddle her. She also gives "birdie kisses" and likes to groom men's beards and/or moustaches. Tango has been a therapy bird for six-and-a-half-years. She has regularly visited the inpatient psychiatric hospitals in Cerritos and Santa Ana.

Pea-O is a Meyer's Parrot that is 12-and-a-half-years old. In the wild Meyer's Parrots are found in South Central Africa. They can live to be 20-25 years old. Pea-O was rescued from a bird shop two and a half years ago. He has been a therapy bird for eight months

PARROTS, Page 10

Medicare Questions?

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Sunshine Club

The Sunshine Club will host a presentation by Angeline Renfrow over Zoom on Aug. 14 at 10 a.m. She will be the first of three virtual presentations with speakers of various topics the club will host over next few weeks. Angeline works with Scan's Independence at Home community education classes. Stress management will be the topic of her Zoom presentation.

Stress is a normal part of life, but how a person deals with that stress makes a big difference to their health. There are healthy ways to cope with stressful situations, even when a person feels overwhelmed. The Sunshine Club hopes that this class will help members find ways to manage their stress during the uncertain times surrounding the coronavirus. All are welcome to join the class.

It has been almost five months since the last time the Sunshine Club was able to meet face to face. The group stayed in contact through phone calls or the weekly email sent by the president of the club during the first few months of social distancing. Now, in an effort to be even more connected with its members, the club decided to conduct Zoom presentations at its normal meeting time on Fridays from 10 a.m.– noon.

During August, the club will have three Zoom presentations in addition to Angeline Renfrow on Aug. 14 and Micki Mozaki, The Director of California Senior Medical Patrol on Aug. 21, and Dr. Steven Becker, is an osteopathic specialist, on Aug. 28. The topic of each guest speaker's presentation will be announced in LW Weekly with details and a link to join.

The link to Friday's Zoom meeting is <https://zoom.us/j/95159058531>. Anyone who has questions about the event can call Anna Derby at (562) 301-5339, between 9 a.m.–5 p.m. weekdays, or contact the presentation coordinator Grecia Nunez at gnunez@mhealth.com.



Angeline Renfrow

Republican Club

The Republican Club has a booth open near Clubhouse 6 every Monday in August from 11 a.m. – 2 p.m, where you can register to vote or pick up red, white or blue hats. Here are the top 10 reasons to come to the GOP booth:

1. Get a free face mask and water (stay safe!)
2. Register to vote
3. Join the Republican Club
4. Get a free Michelle Steel for Congress window/yard sign and campaign literature;
5. Sign the petition to recall Gov. Newsom
6. Receive information on LW GOP Club positions on issues and candidates
7. Buy red USA hats for \$10, or shop for political lapel pins, hat pins, political buttons, hand fans, and scarves
8. Have fun conversations with some of your fellow LW Republicans
9. Munch a free treat
10. Find out why they have a sign that says, "God is welcome here."

The Republican Club information and voter registration booth will be open every Monday in August until further notice.

Democratic Club

By Mary Larson
LW Contributor

The LW Democratic Club will hold its first full membership meeting on Zoom on Aug. 19 at noon. Featured speaker will be GRF Board member Carole Damoci, who is also a candidate for election on Nov. 3 for the Seal Beach City Council. Carole will be introduced by City Councilwoman Sandra Massa-Lavitt.

During the Aug. 19 club meeting, members will also get an update on the campaigns of the following three candidates whose names will also be on the Nov. 3 ballot: Paurvi Trivedi who is running to represent Trustee Area 2 on the Los Alamitos Unified School District board; Congressman Harley Rouda who is running for reelection to the House of Representatives in District 48; and Garden Grove Councilwoman Diedre Nguyen who is running to represent our District 72 in the California Assembly.

Members will also hear more from the Harley Rouda and Diedre Nguyen campaigns during the Sept. 16 Zoom meeting.

Turning to an equally important matter, the Democratic Club continues to heed the Centers for Disease Control's warning that "the more closely you interact with others and the longer the interaction, the higher the risk of COVID-19 spread." As a result, the club will not be opening a voter registration booth in the foreseeable future. In its place, board members are available to assist anyone on an individual basis who wishes to register for the first time, change addresses or re-register to a different party. Email lwsbdemocraticclub@gmail.com or phone Kathy Moran (562) 596-0450 for details.

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If you are a Democrat or a supporter and want to be more informed about what is happening between now and Nov. 3, you can subscribe to the club's electronic newsletter at no cost by emailing at mlarson.telfords@gmail.com or by calling (562) 296-8521 with your contact information.

LIONS CLUB

Free reading glasses available

The Lions Club of Seal Beach has been distributing free reading glasses in Leisure World for the past several weeks. Over 200 pairs of glasses have been handed out to 50 plus residents so far.

There are still readers available with various strengths and an eye chart available in the Leisure World Health Care Center.

The Lions Club also has a collections box in the Health Care Center for any old/used prescription glasses that are no longer needed. The Lions Club recycles these and they are given to folks in need at the Vision Screenings in Southern California and Mexico.

Deliveries are still available by emailing Frank Brown, cbedmo-town@yahoo.com or Steve Hollen, commodoresteve@gmail.com.

PARROTS

From page 9
and visits the same places that Tango does.

Tango and Pea-O love to visit with people of all ages and help them feel better. Therapy animals also do community events and go to schools. Tango has gone to schools for the past three years and has worked the Children's Festival in Costa Mesa at South Coast Plaza over Labor Day Weekend. Tango makes all ages happy. She loves getting her picture taken with anybody and giving out birdie kisses.

Including Tango and Pea-O there are only 35 therapy birds nationally. There are nine therapy birds in the entire state of California, with six of those birds being in Southern California, including Tango and Pea-O.

Unfortunately, due to the coronavirus, Tango and Pea-O haven't been out since March of this year, in order to avoid Joni being exposed. They miss going out on their facilities visits and to schools and community events. The patients who interact with Pea-O or Tango will receive a personally autographed card with information and a picture of that specific bird.

Since parrots are "unusual" and exotic, it makes them very exciting for people, not just to see, but to actually touch, hold, and talk to directly. Parrots are very good listeners, beard groomers, give great birdie kisses. Since they are small and easy to carry around, they make great therapy animals. They are very empathetic, do not tire easily, love car rides and are very curious.



There was a full computer screen for the Zoom Club's Aug. 6 meeting. Many residents are seeking out a place where they can talk and see each other since Clubhouses are still closed due to COVID-19. Members of the club learned how to navigate Zoom for online communication, and now they can join the meetings right away and appear on their computer screens. On the virtual space, they need neither to wear masks or maintain social distancing. People can just enjoy speaking and communicating for their opinions and their news. They speak with their friends as usual and talk about what to do now and in the future regarding the pandemic.



Marilyn Lester from Mutual 2 was wearing a mask and holding a sign on the morning of Aug. 5 to protest the continued closing of Veterans Plaza. "We have many outdoor activities like hula, yoga and dance that can be done at a safe distance," she said. "(Before it was closed) we did all the right things, like wearing masks and keeping our distance, and with other activities opening up, we should be able to do ours too."

Email COMMUNITY stories to laurieb@lwsb.com

HCC 24-Hour Nurse
795-6216

Obituaries

- ...
In Memoriam
Roberta Frank 58
Benjamin Oke 90
Betty Prokopowich 85
Teodomiro Requena 75
Keiko Takeda 85
Ronald Rosser 84
Barbara Herlacher 75
Jean Baugniet 95
Freddy Johnson III 44
Brian Walker 55
Matthew Faust 83
Leland Garrison 77r
Marvin Dunn 67
Victor Lopez 77
Karen Markel 77
Autumn Humohery 60
Families assisted by
McKenzie Mortuary,
961-9301
—paid obituary

Space is available for obituaries of residents and former residents.

- An "In Memoriam" column is available free of charge. Limited to name, mutual number and date of death.
- An obituary with or

without photo is available free of charge for the first 250 words. Additional words will be charged at the rate of 25 cents per word. Notices written by the news staff will be free and no more than 250 words.

- Notices from mortuaries and non-GRF members will be printed exactly as submitted and charged at the non-member classified advertising rate, \$12 for the first 12 words and 25 cents for each additional word.

- Bordered, decorative obituaries and eulogies are available in any size at the prevailing display advertising rate.

- Obituaries may be published as news articles when the person has been a member of the GRF Board of Directors, or when, in the opinion of the managing editor, the passing of a person is newsworthy to a sufficiently large number of GRF members.

EMAIL OBITUARIES TO
laurieb@lwsb.com

Arts & Leisure



Order groceries, meal kits for free Wednesday delivery at CH 4

Global Market Kitchen now delivers groceries and prepared meals on Wednesdays at Clubhouse 4 between 2-4 p.m. Order by phone, (562) 661-9776, visit the website at <https://squareup.com/store/GDBROGMK/> or email globalmk.usa@gmail.com.

A sampling of meal kits include salmon pasta, salmon stir fry, grilled chicken, rotisserie herb chicken and meatball pasta.

Crews will also deliver fresh groceries for pick up at Clubhouse 4 to include fresh produce, dairy and eggs, frozen meats and seafood, breads and bakery items, beverages, pantry staples and household items.

Customer service hours are Monday-Friday, from 7 a.m.-6 p.m., closed Saturday and Sunday. Online ordering is open 24 hours a day, seven days a week.

During August, Global Market Kitchen is offering a free meal kit for customer orders over \$50. Order by midnight Sunday for delivery on Wednesdays.

LW Bicyclists

Join the Leisure Bicyclists Monday, Wednesday, Friday and Sunday at 9 a.m. at the St. Andrews Gate (the North Gate is closed due to 405 Freeway construction) for a ride to Long Beach, Huntington Beach, El Dorado Park or Seal Beach Pier.

Ride at your own safe speed and use any make of bicycle. Treks, recumbents, electric bicycles, etc., are all welcome. Helmets and safe shoes are a must.

Safe distancing and masks are required. Call Mary Romero at (562) 810-4266 for further information.

—Mary M. Romero

OC Library Electronic Library

The Orange County Library System has an entire electronic library to offer digitized resources to its patrons and that includes Leisure World residents.

All you need is a library card.

Go to ocpl.org and complete the online library card application or download the application.

Once you have a library card, there are ebooks and audiobooks galore to choose from.

RADIO CLUB

Wednesday drills are set for Family Service Radio users

Calling all Family Radio Service Users in Leisure World—the Radio Club provides an opportunity for a Family Radio Service (FRS) practice drill every Wednesday morning. Anyone who has an FRS radio is invited to participate. Use the following guidelines.

- Call-in time is from 9:30-9:45 a.m.
- Use Channel 13/0.
- Be sure to wait until the radio is clear and call in stating your first name, last name initial and mutual, example “John S., Mutual 13, checking in.”

Remember to press the side button to speak and release when finished.

If you are not sure how to call in and would like additional instruction on use of the FRS radio, contact Leisure World Radio Club President Rich Erickson, rjexn@yahoo.com, or call (562) 431-6586, ext. 409, to leave a message.

ROLLIN’ THUNDER

Cart club to host Air & Water Day

by Mike Levitt
LW contributor

Our lives may be different right now, but many of our routine, important activities remain unchanged.

This certainly includes regular maintenance of our golf carts. Fail to add water to your batteries or allow the cart tires to run low on air pressure, and you may find yourself adding a lot of extra and unplanned walking to your new daily routines.

The Rollin’ Thunder Golf Cart Club can help you with that.

The club will hold its quarterly Air & Water Day on Saturday, Sept. 12.

As with the recent June maintenance event, this will *not* be at the usual place. In order to maintain social distancing and follow other safety guidelines, the popular maintenance event will be held instead in the Clubhouse 4 parking lot.

The entrance to the cart line-up will be on the exit/alley roadway that connects Northwood Road and North Gate Road on the east side of Clubhouse 3. Just look for the signs and follow the traffic cones. Club volunteers and Security staff will be on hand to assist.

Cart inspections will begin at 9 a.m., and conclude at 10:30 a.m. sharp.

In June, the club serviced just under 100 carts and scooters, setting a record that the club would like to break Sept. 12.

There is never a charge for this valuable service, and all LW cart and scooter owners are urged to participate, whether they are club members.

These vitally important safety rules *must* be followed: masks must be worn at all times; only one person per cart; drivers must remain in their carts until batteries are being checked, not the usual procedure, to be sure, but then these are not the usual conditions.

For further information, call club President Tom Davis at 431-6859.

Friday Tech Talk

Join Bob Cohen in a one-hour Zoom class on a technology topic every Friday at 10 a.m.

- Aug. 14: Zoom for Hosts:

Creating and Using Polls

- Aug. 21: Zoom for Hosts: Using Annotations and Whiteboard
- Aug. 28: Creating a Facebook

Page for a Business, Club, Organization or Pet. To register, contact bob@bobology.com.

—Bob Cohen

Purchasing Department Price List	
PRICES ARE FOR MATERIALS ONLY! ALL TAXES AND PROCESSING FEES INCLUDED. (LABOR \$42.00 PER HOUR /PER TECHNICIAN)	
REVISED 08/03/2020	
WHITE COOK TOP.....	\$338.40
BLACK COOK TOP.....	\$338.40
WHITE OVEN.....	\$878.14
BLACK OVEN.....	\$878.14
STAINLESS OVEN.....	\$878.14
WHITE TOP FREEZER	
REFRIGERATOR.....	\$683.98
BLACK TOP FREEZER	
REFRIGERATOR	\$683.98
STAINLESS STEEL TOP FREEZER	
REFRIGERATOR.....	\$729.66
28 GALLON WATER HEATER 10YR.	\$548.10
38 GALLON WATER HEATER 10YR.	\$569.79
GARBAGE DISPOSAL.....	\$168.28
BATHROOM FAN/HEATER....	\$130.74
BATHROOM FAN-NO HEAT	\$177.58
BATHROOM SINK WHITE-ROUND	
.....	\$46.42
BATHROOM SINK- BONE- ROUND	
.....	\$63.12
BATHROOM SINK-WHITE- OVAL	
MUT-15- GERBER.....	\$32.66
BATHROOM SINK-ALMOND- OVAL	
MUT-15.....	\$51.04
BATHROOM SINK -WHITE CHINA	
KITCHEN SINK-WHITE	\$363.85
KITCHEN SINK-ALMOND.....	\$459.13
KITCHEN FAUCET- DELTA.....	\$96.22
KITCHEN FAUCET SPRAYER-DELTA	\$104.62
BATHROOM FAUCET-DELTA	\$82.45
BATHROOM WIDESPREAD FAUCET-DELTA	\$153.05
(TOILETS INCLUDE TANK, BOWL & TOILET SEAT)	
TOILET- STANDARD -WHITE	\$174.32
TOILET-STANDARD-BONE	\$197.20
TOILET- HI BOY-WHITE.....	\$208.23
TOILET-HI BOY-BONE.....	\$231.75
ROUND TOILET SEAT: WHITE	\$11.75
ROUND TOILET SEAT: BONE	\$11.75
ELONGATED TOILET SEAT: WHITE	\$15.78
ELONGATED TOILET SEAT: BONE	\$15.78
PURCHASING DEPARTMENT	
PHONE NO. 562-431-6586	
ROSENDO-STORE KEEPER-EXT. 306	
PURCHASING COORDINATOR EXT. 309	
RICKY-PURCHASING ASSIST-EXT 308	
JULIE-PURCHASING MANAGER-EXT. 307	
STORE HOURS MONDAY- FRIDAY	
8:00 AM TO 4:30 PM	
The above pricing is subject to change without notice.	
Please call Purchasing Department for current pricing.	
SERVICE MAINTENANCE CAN BE REACHED AT (562) 431-3548 DURING THE HOURS 8:00 AM TO 4:30 PM.	

PLEASE DO NOT LITTER



Please place used gloves and face masks in refuse bins. Now more than ever it is critical that we properly dispose of used hygienic supplies in the trash.



The Garden Club's August Garden of the Month belongs to Phyllis Saurenman, 1910 St. John Way, 30 B, in Mutual 15. Her lovely patio includes ferns and comfortable seating.



Golf course visitors are advised about social distancing guidelines. The course is open to members, with certain restrictions.

LW Golf Course Procedure

The Leisure World Golf Course opened on Aug. 3, and golfers may request tee times by filling out the form available at <http://www.lwsb.com/reserve/>.

There are some changes in operations:

- You can now book up to four people per tee time.
 - The course is open from 8 a.m.-7 p.m. daily.
 - You may call to see if any tee times are still available on the day of play or just walk up, but tee times pre-booked on the website will always take precedence.
 - Any golfer who fails to abide by these rules is subject to losing their privileges.
 - The golf course may be shut down at any time if multiple reports are received about violations.
- If you haven't played since the original shutdown, the following is a comprehensive list of the rules. The following procedures will be implemented to allow for GRF members, in good standing, to utilize the golf course:
- All rounds will be booked through the Golf Starter by email only. The hours of play will be from 8 a.m.-7 p.m.
 - Golfers may play more than once a week, providing there is space available. Email requests will always take precedence; however, golfers may call on the day of play to see if any openings are still available. Walk-ups may be permitted at the sole discretion of the starter under the same condition.
 - A round is nine holes. At the discretion of the Starter, a second round during a tee time may be allowed if the schedule permits.
 - No tournament play will be allowed.

GOLF, page 13

BALANCE & STABILITY

Zoom class offered on Saturdays at 11

A Landmark Balance & Stability class is offered on Saturdays from 11 a.m.-1 p.m. on Zoom.

Instructor Adrienne Rosenfeld teaches the free 40-minute class that focuses on balance, shifting weight and cognizant activities.

The class is now being broadcast from around 4:20-4:40 p.m. every day on the Spectrum Cable Channel 1390, right after the Queen Kong interview and is available on [youtube.com](https://www.youtube.com).

Rosenfeld is certified in Zumba, Zumba Gold, Silver Sneakers, and Balance & Stability. She also has certification from the Fitness Aging Institute and a ACE Group exercise certificate.

To join email her at arosenfeld1@verizon.net and she will send you the link to join to group.

Or people can join the Zoom meeting by visiting <https://us-02web.zoom.us/j/84982522530>; the Meeting ID is 849 8252 2530.

Video Producers

The Video Producers Club offers free weekly Zoom classes at 10 a.m. and a Zoom Party Social on Saturday at 5 p.m.

Classes are as follows:

- Monday, 10 a.m., intermediate Zoom class for Windows and Android users with Joe Osuna, host. For an invite to his class, email joosuna29a@gmail.com.
- Monday, 2 p.m., Zoom class for iPad and Mac users hosted by Fred Carpenter. For an invite to his class, email sail1942@gmail.com.
- Wednesday, 10 a.m., beginners Zoom class Windows and Android users with host Joe Osuna. For an invite to his class, email joosuna29a@gmail.com.
- Thursday, 10 a.m., beginner's Zoom class for Windows and Android users and for beginning VideoProducers with host Joseph Valentinetti. For an invite to his

VIDEO, page 13



Grab n Go Meals

Aug. 13-19
Clubhouse 6 Parking Lot

- **Thursday:** Domino's Pizza – Call ahead for special orders; wings and salads offered; 3-7 p.m., cash/cards, (562) 493-2212; Mandi's Candies Ice Cream Truck, 4-7 p.m.
- **Friday:** Katella Deli; extensive menu—deli favorites from appetizers, salads, hot entrees, 3:30-5:30 p.m. Call ahead at (562) 594-8611 or order online www.katellabakery.com, specials of the day available onsite, cash/cards.
- **Saturday:** Lucille's Smokehouse, barbecue, salads, sandwiches; no pre-orders, just show up between 4-6 p.m.
- **Sunday:** Berg Catering—Freshly prepared meals with a healthy gourmet touch, 3:30-5:30 p.m., pre-order at (562) 663-2038 or online at www.berg-catering.com (LW Menu) or buy onsite, PayPal, checks, cash, cards.
- **Monday:** Kabobaholic Food Truck—Chicken or meat kabobs, Gyros, Falafel, loaded fries, 4-6 p.m., www.kabobaholicft.com or text (949) 400-4696 for preorders or buy onsite. Mention LWSB, cash/cards.
- **Tuesday:** Taco Tuesday—Mexican favorites plus hot dogs, burgers and fries, 5-7 p.m., cash/cards, no pre-orders.
- **Wednesday:** Gourmet Renee—American cuisine, homemade soups and desserts, 4-6 p.m., pre-order by calling (323) 833-1213; cash/cards



...
All Grab 'n' Go events will take place, rain or shine. If it rains or is too hot, people line up inside Clubhouse 6. **People should keep a six-foot distance and masks are required.** For information, call (562) 431-6586, ext. 398.

On-call bus service available from 4:30 p.m. when regular service ends. Call (562) 431-6586, ext. 379.

For more information or to make a suggestion, call (562) 431-6586, ext. 379.

Watch for LW Live! alerts for daily menus. Sign up for LW Live at <http://www.lwsb.com/lw-live-sign-up/>.

TECHNOLOGY

Zoom classes are taught Tuesdays

Miryam Fernandez's technology classes usually taught on Tuesdays at 10 a.m. are moving to 2 p.m., effective Tuesday, Aug. 18. The schedule is as follows:

- Tuesday, Aug. 18, at 2 p.m., Privacy & Security, Part 2
 - Tuesday, Sept. 1, at 2 p.m., How to Search on YouTube
 - Tuesday, Sept. 15, at 2 p.m., iPhone Accessibilities
- For an invitation, email Miryam at mzzmimm@gmail.com.

If you need help setting up your Zoom microphone and/or video or have other connectivity issues, call Bonnie Cooper at (562) 822-6358 before class begins.

Important Reminder

Apple, Microsoft, IRS, Social Security, etc., will *never* contact you by phone, text or email.

If there's ever a problem with your account, they will shut you down until you contact them. If you get a call from them, it's a scam.

—Miryam Fernandez

OC JEWISH

Genealogical Society meets Sept. 13

The Orange County Jewish Genealogical Society will meet from 1:30-3:30 p.m. on Sept. 13 on Zoom. The meeting is free to members, \$5 to non-members.

Speaker Stanley Diamond will give a program on Jewish records in Poland (JRI-Poland).

In addition to being executive director of JRI-Poland, Diamond is a founding board member of the International Institute of Jewish Genealogy, Jerusalem as well as a consultant to the producers of "Who Do You Think You Are?" television series.

He is also an award-winning author, lecturer and entrepreneur. JRI-Poland is an award-winning international project to create an Internet-searchable index of all surviving Jewish vital records of Poland (www.jri-poland.org).

Register in advance for the virtual meeting by clicking this link, <https://zoom.us/join/zoom/register/tJwlcOivqDgtHNahGmbF5ifX3sy2IUjr9QZ>.

For further information about this event, or our other programs, contact us at info@ocjgs.org.



Zentangles by Cathie McCormick

ZOOM CLASS

Learn the art of Zentangles with LW teacher in weekly classes

Cathie McCormick, a certified Zentangle teacher, gives Zoom classes each week in the art of drawing designs using structured patterns or Zentangles. She started out in Clubhouse 4 in January under auspices of the LW Art League but has moved onto the Zoom platform because of COVID-19 shutdowns.

Her class is well attended by people who get relief from these stressful times by practicing this lovely art form that combines repetitive strokes in patterns and meditation. According to student Yvette Louie, “her class is very popular and everyone can get great results and spend a relaxing time practicing Zentangle.”

To sign up, visit Cathie’s website at artladytangles.com, and you will receive a Zoom link, a reminder and her Zentangles newsletter.

Cathie’s Friday class is especially designed for beginners. In the Saturday class, more complex tangles are featured it and often includes a Step-Out to help us with the sequence. It is the beautiful repetitive lines and the concentration that really makes the creation of your Zentangle a meditation. This peaceful time clears your mind of worries and anxieties and does wonders for the body and spirit, according to her newsletter.

Her students are counseled to practice during the week and try to make a Zentangle part of their day. For ideas between classes, go to zentangle.com, [YouTube](https://www.youtube.com) and zentanglepatterns.com.

Walking for the Health of It

Regular brisk walking can help people maintain a healthy weight, prevent or manage conditions like heart disease, high blood pressure and type 2 diabetes; strengthen bones and muscles; and improve mood, and balance and coordination. The Recreation Department has a Leisure World Walking Trails brochure featuring seven measured trails throughout the community. Stop by the Downtown Café and pick one up. For more information, contact kathyt@lwsb.com.

ZENDOODLES & ZENTANGLES

It’s fun, relaxing, inspiring and creative

Zendoodling is the art of drawing designs using structured patterns or Zentangles.

When you draw a Zendoodle, you’re creating a work of art, but you’re also deliberately creating a mood, focus, and state of mind.

Concentrating on drawing small blocks of patterns at a time lets your mind get into a calming zen state. This allows you to follow through on impulsive thoughts, so your doodle won’t be restricted by expectations, giving you an unexpected final design and a glimpse into your subconscious!

Zendoodling is intuitive, fun, relaxing, inspiring, creative and teaches patience.

You don’t have to be Michaelangelo to create a great Zendoodle. Because they’re based around following a series of steps focused on a set of patterns, it’s easy for beginners to get started.

Zendoodles aren’t mindless doodles. They’re intricate designs built up by completing small areas of patterns at a time.

Once you get the hang of it and have mastered a few basic Zentangles, let your mind wander and be as creative as possible. Invent your own patterns and see what your imagination comes up with.

What You Need:

- Pencil
- Felt-tipped pen
- Paper
- A few basic patterns

Step 1: Draw a simple box, usually about three inches wide.

Step 2: Use a pen or pencil to draw strings. Strings are the lines that divide the shape into individual sections.

Step 3: Choose a section to start with and fill it with a repetitive pattern. Don’t spend time planning a pattern, just draw.

Step 4: Repeat step three for each section. Change the patterns and get creative.

Step 5: Add color or shade the areas you’d like to define.

Tips

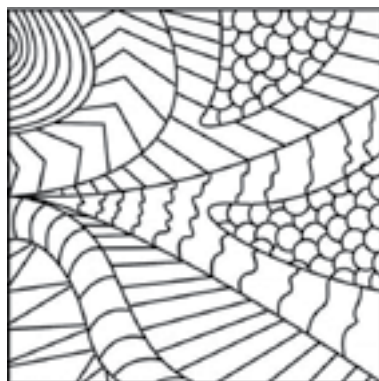
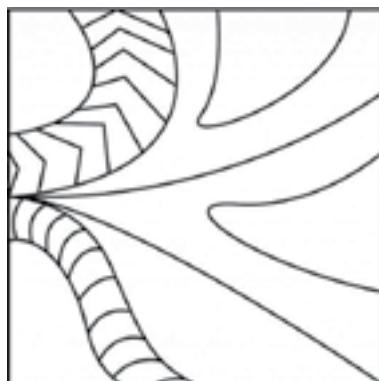
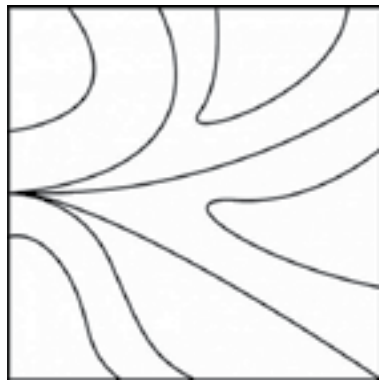
- Don’t resort to an eraser. There are no mistakes in Zendoodling. Something that you thought was a mistake, might be the foundation for a new pattern or take your doodle in an exciting new direction.
- Remember that with Zentangle art, you can’t fail. There is no right and wrong, because there is no pre-determined solution to what you’re creating.
- Check out [Zentangle Patterns.com](http://ZentanglePatterns.com) for inspiration

Once you’re a Zendoodle master, move onto more elaborate patterns and designs. Challenge yourself to get as intricate and detailed as possible, play with different pen thickness, shading styles and color combinations.

There are no limits to your imagination!

(Thank you to Yvette Louie, who sent in the idea for this story.)

—from feltmagnet.com/drawing/How-to-Create-a-Great-Zendoodle



Men’s Monday & Friday Golf League Results

Monday Golf League

The Men’s Monday Golf League played on Aug. 3 at David L. Baker Executive Golf course in Fountain Valley.

Ten men, and three women challenged the par 62, 4000-yard 18-hole course. As part of the Mile Square complex in Fountain Valley, Baker is a well-attended and well-kept course.

With a lovely morning and the fairways and greens being in great shape the vast majority of the scores were below par including 6 birdies.

All scores are net (actual score minus handicap).

A Flight handicaps range from 0-20, B flight higher than 20.

A Flight Winners

First Place: tie between Fujio Norihiro and Bill McKusky, 6 under 56; second: Cindi Cooper and Sam Choi, 3 under 59; third, tie between Dave LaCascia and Ron Jackson, 2 under 60; fourth: newcomer John Peterson, 2 over 64. Fujio had three birdies, Bill McKusky had two, and Sam had one. Fujio and Bill McKusky tied for fewest putts and Sam had closest to the pin on the par 3 110-yard third hole.

B Flight Winners

First Place: Bob Munn, 6 under 56; second: Keiko Sekino, 5 under 57; third: Dale Williams, 4 under 58; fourth: tie between Lowell Goltra and Bill Zurn, 2 under 60; fifth: John Meyer, 2 over

64. Bob had fewest putts and Bill Zurn had closest to the pin on the par 3 120-yard fifteenth hole.

Friday Golf League

The Men’s Friday Golf played at Riverview Golf Course in Santa Ana on Aug. 7. Ten men challenged the picturesque par 70, 5800-yard course.

The weather was overcast early; when the sun came out, it warmed up nicely leading to a number of good scores.

The course is in particularly good shape, and the greens are well taken care of. Not surprisingly, there were eight birdies—an unusually high number and seven sub-par rounds. With the Santa Ana Riverbed running down the middle of the course, numerous elevation changes and strategically placed bunkers, the course challenges all levels of golfers.

All scores are net (actual score minus handicap).

A Flight handicaps range from 0-20, B flight, higher than 20.

A Flight Winners

First Place: Dave LaCascia, 9 under 61 plus a birdie; second: Paul Cose, 6 under 64; third: Bill McKusky, 1 under 69 plus 3 birdies; fourth: Sam Choi, par 72 plus 3 birdies; fifth: Jim Goltra, one over 73; sixth: John Peterson. Dave and Sam tied for fewest putts and Dave. Paul and Jim had a greenie on a special challenge

for the difficult 140-yard par 3 fourteenth hole.

B Flight Winners

First Place: Gene Vesely, 6 under 64; second: John Meyer, 3 under 67; third: Lowell Goltra, 1 under 69; fourth: Bob Munn. John also had a birdie and Lowell had fewest putts on the B group.

Friends, ladies, spouses and family are all welcome to play and/or join.

Both the Monday and Friday

Golf Leagues play at four local courses, all within 15 minutes of Leisure World, starting between 7-7:30 a.m., except holidays. The courses are David L. Baker in Fountain Valley, Meadowlark in Huntington Beach, Riverview in Santa Ana and Willowick in Garden Grove. LW Men’s Club membership is not required. There is a prize pool for each round that players are not obligated to enter. Prizes are awarded

for low gross in each flight; two prizes for closest to the pin on par threes; and a prize for the lowest number of putts in each flight. Holes-in-One, although infrequent, are generously rewarded. If interested, contact Bill McKusky, (562) 430-8618, or Dave LaCascia, (801) 674-5975.

The Men’s Monday/Friday league is looking for golfers (men and women) to join the league.

JOIN, page 14

GOLF from page 12

• Golfers are required to book the day before their actual tee date and time by emailing <http://www.lwsb.com/reserve/>

• Only rounds of one or up to four golfers will be permitted and the names of all golfers must be submitted at the time of booking with Mutual and apartment number.

• Golfers must state 3 tee times, in order of preference, in case their first choice is not available

• Golfers may not arrive sooner than 10 minutes before their tee times and all tee times will be spread 10 minutes apart.

• Masks and six-foot distancing will always be required.

• No gathering will be permitted before or after rounds have been played.

• No golfer may touch any other golfer’s equipment, including golf balls.

• The Starter Shack will be closed to all gatherings and will only be available for restroom use.

• The Starter can only be addressed through the protective window area.

• The putting green area will also be open with all required restrictions.

• The hitting cage will remain closed.

• The Golf Starter will have the final say in all matters.

The following are additional restrictions on the course:

VIDEO

from page 12

class, email 0501042@gmail.com.

• Friday, 10 a.m., guest lecturer Bob Cohen hosts Friday Morning Tech Talk on a variety of topics. Email bob@bobology.com for an invite.

• Saturdays, 5 p.m., Zoom Party Social, hour open to all residents, hosted by Joseph Valentinetti. For an invite to the party, email 0501042@gmail.com.

—Joe Osuna



A woman is buying summer squash at the Seal Beach Farmers Market, which offers produce, honey, bread, tamales and more every Tuesday from 9 a.m.-1 p.m. The market is located in the Leisure World Village shopping at the intersection of Seal Beach and Westminster boulevards.

OC HEALTH CARE AGENCY

2020's first human West Nile Virus infection is reported

A child under the age of 18 years was diagnosed last week with West Nile Virus (WNV) infection and was hospitalized but is recovering.

This is the first human WNV infection identified in Orange County this season. As of Friday, the California Department of Public Health has reported 10 cases of human West Nile Virus infection statewide.

In 2019, there were seven reported human infections of WNV and one WNV-related death reported in Orange County.

Most people who become infected with WNV do not experience symptoms, but about 20 percent will develop fever and may have headache, body aches, nausea, tiredness and sometimes a skin rash.

More serious symptoms, such as severe headaches, neck stiffness, confusion, muscle weakness or paralysis, occur more rarely, but people who develop these symptoms should seek medical care immediately.

People over 50 years of age and those with certain medical

conditions are at increased risk of serious complications from WNV infection.

"West Nile Virus is endemic in Orange County, recurring every year during the summer months and continuing into the fall," said Dr. Clayton Chau, acting county health officer. "The best way to avoid West Nile Virus infection is to take precautionary measures to avoid mosquito bites."

Recommended WNV precautions include:

- Emptying all standing water on your property to reduce areas in which mosquitoes may breed, including flower pots and pet bowls

- Making sure your window and door screens are in good condition

- Using insect repellent containing DEET, picaridin, oil of lemon eucalyptus, or products

containing IR3535, always following label directions

- Limiting outdoor activity at dawn and dusk, when mosquitoes are most active

- Wearing long-sleeved shirts and long pants when outdoors

West Nile Virus activity has already been identified in county mosquito populations this season.

Information on mosquito control is available on the Orange County Mosquito and Vector Control District's website at www.ocvector.org. Other websites with helpful information about WNV include:

- Centers for Disease Control and Prevention, www.cdc.gov

- State of California, www.westnile.ca.gov

- OC Health Care Agency, www.ocalthinfo.com/wnv

—OC Health Care Agency

JOIN from page 13

Handicaps can be determined using the local course handicap numbers and adjusted for the longer and more difficult courses outside Leisure World. Contact Dave for more information.

—Dave LaCascia

SCRABBLE GRAMS SOLUTION										SOLUTION	
S	E	A	W	E	E	D				RACK 1 =	61
J	U	G	H	E	A	D				RACK 2 =	107
E	N	T	R	A	N	T				RACK 3 =	57
D	I	L	A	T	O	R				RACK 4 =	58
U	N	D	R	A	P	E				RACK 5 =	62
PAR SCORE 250-260										TOTAL	345

Crossword Answers

ABASH	BELA	MAR	GLAD
KATIE	ULAN	ALA	SIEGEL
CHARLES	BRONSON	UNEASE	
	GRIEG	CHUCK	BARRIS
PACKAGE	ELOI	HIS	
ASHE	ODE	ASEA	LIZ
SHANA	MOW	DIODE	ALE
COS	CORBIN	BERNSEN	ROB
ART	CREEL	EROS	LOUT
LEI	EGAD	MERIT	SCOLDS
	TIDAL	HELOT	SCRUB
DRYDEN	NADIR	SHOO	ULM
REBA	OLIN	PIANO	REO
ECO	CANDICE	BERGEN	NAP
SUN	SLEET	ORE	SIEGE
SRO	AGE	ECHO	DAD
	EDA	LARA	LOCATES
CLARABARTON	MAIZE		
CAREER	CRYSTAL	BERNARD	
SONDRA	DOE	ASTI	EERIE
SOSO	END	ISIS	SWIPE

Sudoku 1 Answers

2	4	1	5	8	7	6	3	9
9	3	5	4	6	2	8	7	1
7	6	8	1	3	9	2	4	5
3	2	9	6	5	4	7	1	8
1	5	6	7	2	8	3	9	4
8	7	4	3	9	1	5	2	6
5	1	2	8	4	3	9	6	7
6	9	7	2	1	5	4	8	3
4	8	3	9	7	6	1	5	2

The Basic Rules of Sudoku:
• There is only one valid solution to each Sudoku puzzle. The only way the puzzle can be considered solved correctly is when all 81 boxes contain numbers and the other Sudoku rules have been followed.
• When you start a game of Sudoku, some blocks will be pre-filled for you. You cannot change these numbers in the course of the game.
• Each column must contain all of the numbers 1 through 9 and no two numbers in the same column of a Sudoku puzzle can be the same.
• Each row must contain all of the numbers 1 through 9 and no two numbers in the same row of a Sudoku puzzle can be the same.
• Each block must contain all of the numbers 1 through 9 and no two numbers in the same block of a Sudoku puzzle can be the same.

Jumble Answers

OPERA FACET GROUCH TIMELY
The chickens were tired of life on the farm and wanted to — FLY THE COOP

Puzzle Answers

Puzzle page 18-19



Sudoku 2 Answers

1	2	5	9	8	4	6	7	3
9	4	6	7	3	2	5	8	1
3	7	8	1	5	6	9	4	2
8	9	1	2	4	5	7	3	6
5	3	7	8	6	1	4	2	9
4	6	2	3	9	7	8	1	5
2	5	9	4	7	3	1	6	8
6	1	4	5	2	8	3	9	7
7	8	3	6	1	9	2	5	4

Guess Who?
Kristen Wiig

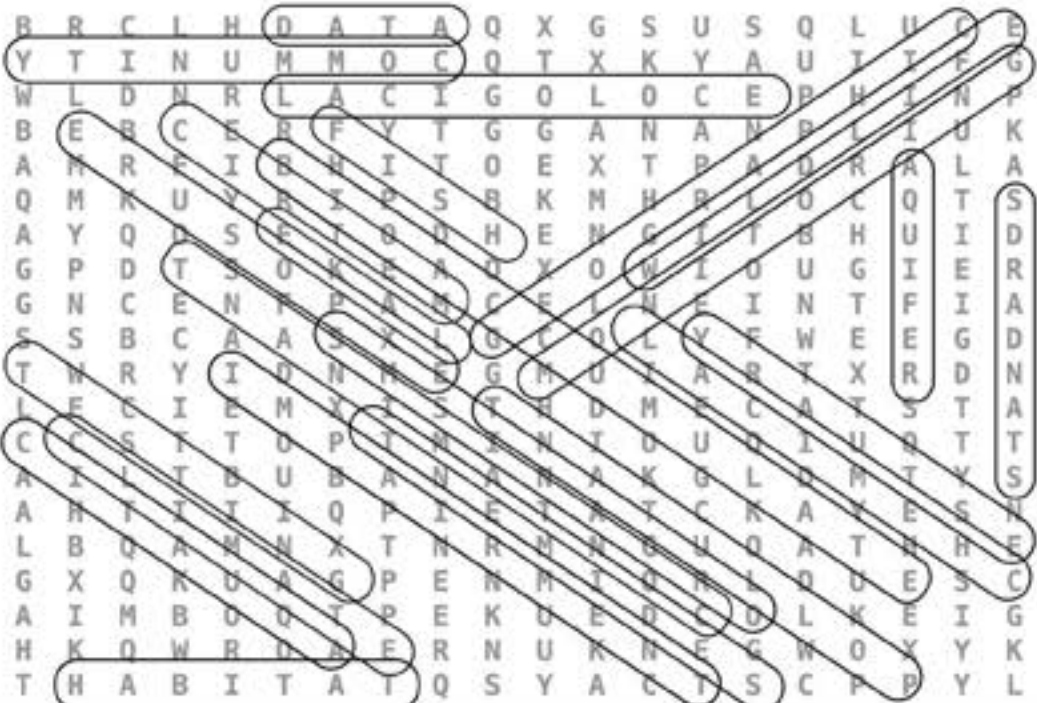
Crypto Fun Answers

A. toxin B. quality C. testing D. particulate

Boggle BrainBusters Answers

ITALY JAPAN INDIA CHINA 'NEPAL' EGYPT KENYA LIBYA

Word-Find Answers



Senior Transportation

The Senior Shopping Shuttle to Ralphs, Target and Sprouts has been canceled until further notice.

Dial-A-Ride service will be available for shopping trips to any location within the City of Seal Beach.

Service is available at no cost Monday-Friday, from 7:30 a.m.-2:30 p.m. Advance reservations are required by calling (877) 224-8294. To ensure eligibility, contact California Yellow Cab, (714) 427-2555, and ask for Melissa Gomez or Cristina Valle.

Cindy Tostado, GRF member resources and assistance liaison, is available to help people register for the Senior Transportation Service by appointment. To make an appointment, call 431-6586, ext. 317.

Residents will need proof of residency and date of birth to register. For additional information on the Dial-A-Ride program, contact Iris Lee at Seal Beach City Hall at (562) 431-2527, ext. 1322, ilee@sealbeachca.gov or AskCityHall@sealbeachca.gov.

Other transporation options are available. The Orange County Transit Authority bus service is conveniently offered from the Leisure World Main Gate bus station. The OCTA Route 42/A eastbound makes 13 trips every day from the Main Gate between 7:53 a.m. and 5:47 p.m. to a stop near the Old Ranch (Ralphs/Target) Towne Center shopping areas.

Also, the OCTA Route 42/A westbound makes 12 trips every day from the Main Gate between 8:33 a.m. and 5:53 p.m. to the Vons/Pavilions shopping center on Pacific Coast Highway near Main Street in Old Town Seal Beach.

An OCTA Senior roundtrip fare is only \$1.50.



North Gate Road officially closed on July 20 for work related to the 405 Improvement Project. The road and the bike path will be closed for about two-and-a-half months. Detour signs directing traffic away from the construction have been placed throughout the community and on North Gate Road itself (above). Several projects are underway, including the removal of a sound wall and the relocation of utilities. The Seal Beach 405 north off-ramp is also closed in connection with the 405 Freeway project.

GAF Battery Recycling Program

The Golden Age Foundation sponsors a battery recycling program in Leisure World that used to have various drop-off locations. Since COVID-19 shut-downs in March, LWers have been unable to access those locations, which included the Clubhouse 6 Hospitality Center and GRF News

office.

With the cooperation of GRF Recreation Department and GAF sponsors, residents can now recycle household batteries at the back door of Building 5's Copy and Supply Center (the exterior door, not inside the hallway). No ink cartridges or printer toners

can be accepted.

The GAF asks shareholders to hold following items until offices are open to the public again: Fluorescent/LED bulbs, computers and monitors, televisions, microwave ovens, hair dryers, telephones and other electronic waste (e-waste).

Connecting with the LW Weekly

The Leisure World Weekly office is closed to the public in an effort to slow the spread of COVID-19 in the community. Staff is working on-site and remotely to produce the LW Weekly. Editors can be reached by phone and email.

See page 4 of any edition for editors' addresses or send emails to rutho_news@lwsb.com, and submissions will be directed to the appropriate editor.

People may drop hard copy into the letter slot at the front of the News Building. The deadline is Thursday for the following Thursday's edition. For more information, call (562) 472-1277.

All classified and display advertising will be accepted by telephone at (562) 430-0534. The classified ad deadline is Monday at 2:30 p.m. for inclusion in that week's paper.

The Weekly can accept credit or debit payments over the phone or people can put checks through the mail slot in the door of the News Office near the Amphitheater.

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Puzzles & Comics

Answers on page 14

Gasoline Alley

By Jim Scancarelli



Broom-Hilda

By Russell Myers



Middletons

By Raph Dunagin & Dana Summers

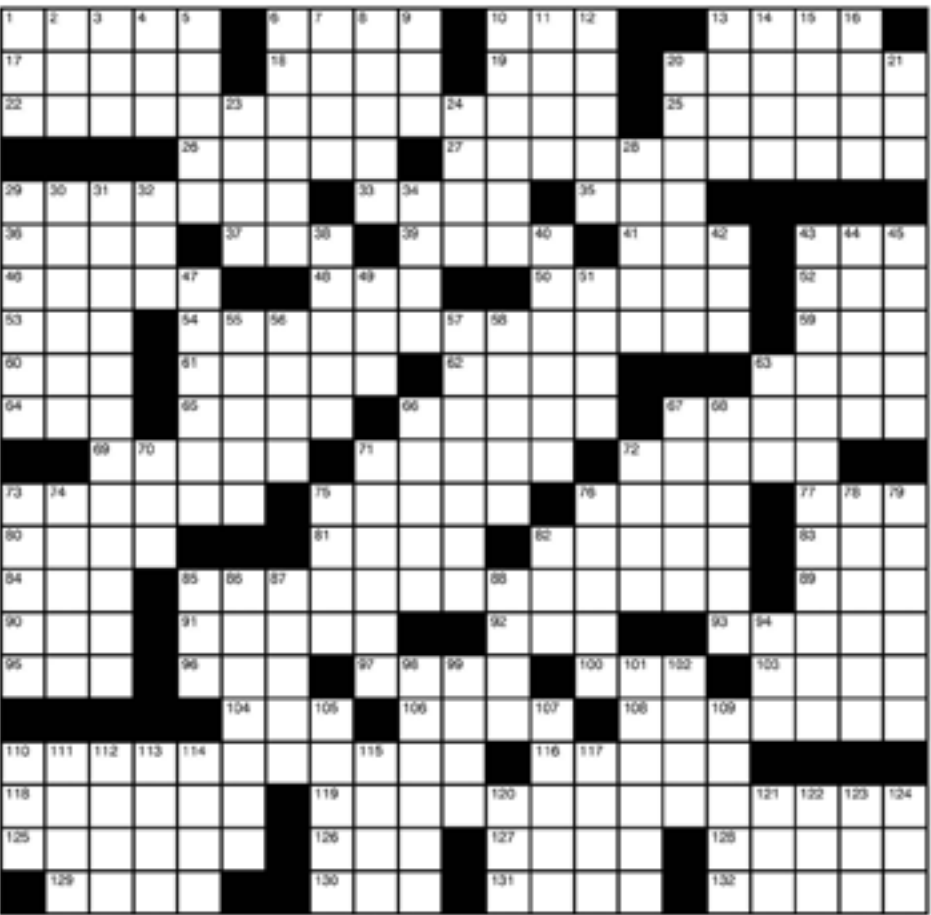


CB Talk

Edited by Linda and Charles Preston

ACROSS

- 1 Shame
- 6 Hungarian composer Bartók
- 10 Before Apr.
- 13 So pleased
- 17 Former "Today" host
- 18 ___ Bator
- 19 Pie ___ mode
- 20 Mobster Bugsy
- 22 "Machine-Gun Kelly" actor
- 25 Disquiet
- 26 "Peer Gynt" composer
- 27 TV game show host
- 29 UPS delivery
- 33 "The Time Machine" people
- 35 Terry cloth inscription
- 36 1968 US Open winner
- 37 Keats or Wordsworth work
- 39 On the waves
- 41 Claiborne of fashion
- 43 Scoundrel
- 46 Journalist/debater Alexander
- 48 ___ down: reap
- 50 Electronics device
- 52 Pub potable
- 53 ___ Cob, CT
- 54 Arnie Becker's portrayal
- 59 Burglarize
- 60 Trump's "The ___ of the Deal"
- 61 Angler's basket
- 62 Aphrodite's son
- 63 Uncouth sort
- 64 Maui memento
- 65 By Jove!
- 66 Deserve
- 67 Nag-at-ive ones?
- 69 ___ wave
- 71 Spartan serf
- 72 Scour
- 73 Restoration poet-dramatist
- 75 Low point
- 76 Scat!
- 77 Einstein's birthplace
- 80 Melodious McEntire
- 81 Swedish actress Lena
- 82 Basie's instrument
- 83 ___ Speedwagon: rock band
- 84 Author Umberto
- 85 "Gandhi" star
- 89 Short snooze
- 90 Calendar abbreviation
- 91 February forecast
- 92 Metal(s) source
- 93 Castle campaign
- 95 Sign of a hit
- 96 "The ___ of Innocence"
- 97 Return address?
- 100 Lemmon/Danson film
- 103 Lobe probe?
- 104 Author LeShan
- 106 Zhivago's love
- 108 Sights a site
- 110 American Red Cross founder



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- 116 Corn color
- 118 Longlasting job?
- 119 "Wings" actress
- 125 Locke, of "Sudden Impact"
- 126 Female goat
- 127 Veno center
- 128 Spine-tingling
- 129 Mediocre
- 130 Conclude
- 131 Egyptian deity
- 132 Help oneself?

DOWN

- 1 Canine org.
- 2 Scrooge's comment
- 3 "One Day ___ Time"
- 4 Tynemouth title
- 5 Hagar the Horrible's wife
- 6 Occupied
- 7 Czech/German river
- 8 Sweater size, say
- 9 Year, in Yucatan
- 10 Five iron
- 11 Felipe of baseball
- 12 Dressing type
- 13 Ms. Lollbrigida
- 14 Wolfish expression
- 15 Ice-cream ingredient
- 16 Actor/bandleader Arnaz
- 20 Abate

- 21 ___ Paul
- 23 Therefore, in ancient Rome
- 24 Cpls. and sgts.
- 28 Metric measures
- 29 Philosopher Blaise
- 30 On the beach
- 31 Chaz, formerly
- 32 Boxer Norton
- 34 Suburban obsession
- 38 Inlay
- 40 Skilled
- 42 Variety of Buddhism
- 43 "The Four Seasons" actress
- 44 Alta voce: Ot.
- 45 Obligations
- 47 Go along with
- 49 Silence a squeak
- 51 "Meet Me ___ Louis"
- 55 Church instrument often
- 56 Authentic
- 57 Direct route
- 58 Mistake
- 63 Baseball's Brock
- 66 Capt. Pierce or Maj. Burns
- 67 Teatime treat
- 68 Vocalizes like Sinatra
- 70 Journalist Tarbell
- 71 Rock salt
- 72 Catch a fly
- 73 Don one's duds
- 74 Come up again

- 75 Knot or swelling
- 76 Fathered a foal, e.g.
- 78 "A ___ of Their Own"
- 79 Popular scooters
- 82 For each
- 85 Civil War initials
- 86 Math I
- 87 I ___ vacation!
- 88 Oaf
- 94 "The Lady ___ Tramp"
- 98 Surfeited with sweetness
- 99 Skater Brinker
- 101 Slip covers?
- 102 Nod off
- 105 Paris's ___ Triomphe
- 107 Pile up
- 109 Corny goddess?
- 110 Dosage amts.
- 111 Neighbor of Thailand
- 112 "New Yorker" cartoonist, 1925-68
- 113 Cincinnati nine
- 114 Flying start?
- 115 Disney sci-fi film
- 117 Meter leader
- 120 Mai ___, cocktail
- 121 Just out
- 122 "Exodus" protagonist
- 123 Somnolent Van Winkle
- 124 Golden Globe winner Sandra

Sudoku 1

9			4	6				1
7		8		3		2		5
3	2		6		4	7		
		4	3		1		2	6
5		2		4		9		7
6				1	5			3

9 To 5 By Harley Schwadron



The Observer Crossword Puzzle

SCRABBLE G R A M S

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Scrabble rack layout showing tiles and rack numbers 1 through 5.

PAR SCORE 250-260 BEST SCORE 345 FIVE RACK TOTAL TIME LIMIT: 25 MIN

JUMBLE

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

Jumble puzzle layout showing four rows of letters to be unscrambled: AREOP, CEFTA, CUGORH, LIMYTE.

Ans. here:

THAT SCRAMBLED WORD GAME

by David L. Hoyt and Jeff Knurek



THE CHICKENS WERE TIRED OF LIFE ON THE FARM AND WANTED TO

Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

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I am a comic actress born in New York on August 22, 1973. I was an art major in college, but dropped out to pursue acting. I was on Saturday Night Live for seven years, and had a breakout role in a film about wedding attendants.

Sudoku #2

1	2		9	8				
9						5		
				5	6			
	9		2			7		
		7						9
4			3	9				
	5							8
	1		5			3		7
7		3						4

Level: Advanced

Puzzles & Comics
Answers on page 14

⓪ⓂⓈⓉⓊⓋⓌⓍⓎⓏⓐⓑⓔⓕⓖⓗⓙⓛⓞⓟⓠⓡⓢⓣⓤⓥⓦⓧⓨⓩ⓪ⓂⓈⓉⓊⓋⓌⓍⓎⓏⓐⓑⓔⓕⓖⓗⓙⓛⓞⓟⓠⓡⓢⓣⓤⓥⓦⓧⓨⓩ

ABCDEFGHIJKLMNOPQRSTUVWXYZ

CRYPTO FUN

ⓈⓉⓊⓋⓌⓍⓎⓏⓐⓑⓔⓕⓖⓗⓙⓛⓞⓟⓠⓡⓢⓣⓤⓥⓦⓧⓨⓩ

Determine the code to reveal the answer!

Solve the code to discover words related to water quality.
Each number corresponds to a letter.
(Hint: 1 = T)

A. 1 22 20 15 23
Clue: Poison

B. 9 2 25 16 15 1 12
Clue: Standard of something

C. 1 6 18 1 15 23 21
Clue: Measures performance

D. 26 25 14 1 15 8 2 16 25 1 6
Clue: Minute separate particles

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BrainBusters!

RUPH

WOIS

GOKE

AGLM

By David L. Hoyt and Jeff Knurek

A	Y	E	K	C
N	N	L	J	H
A	E	A	I	D
G	P	B	T	N
Y	T	Y	A	I

11-24-19

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INSTRUCTIONS: Find as many words as you can by linking letters up, down, side-to-side and diagonally, writing words on a blank sheet of paper. You may only use each letter box once within a single word. Play with a friend and compare word finds, crossing out common words.

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Y	T	I	N	U	M	M	O	C	Q	T	X	K	Y	A	U	I	I	F	G
W	L	D	N	R	L	A	C	I	G	O	L	O	C	E	P	H	I	N	P
B	E	B	C	E	R	F	Y	T	G	G	A	N	A	N	P	L	I	U	K
A	M	R	F	I	B	H	I	T	O	E	X	T	P	A	D	R	A	L	A
Q	M	K	U	Y	R	I	P	S	B	K	M	H	R	L	O	C	Q	T	S
A	Y	Q	O	S	E	T	O	D	H	E	N	G	I	T	B	H	U	I	D
G	P	D	T	S	O	K	E	A	O	X	O	W	I	O	U	G	I	E	R
G	N	C	E	N	F	P	A	M	C	E	L	N	E	I	N	T	F	I	A
S	S	B	C	A	A	S	X	L	G	C	O	L	Y	F	W	E	E	G	D
T	W	R	Y	I	D	N	M	E	G	M	U	I	A	R	T	X	R	D	N
L	E	C	I	E	M	X	I	S	T	H	D	M	E	C	A	T	S	T	A
C	C	S	T	T	O	P	T	M	I	N	I	O	U	Q	I	U	Q	T	T
A	I	L	T	B	U	B	A	N	A	N	A	K	G	L	D	M	T	Y	S
A	H	T	I	I	I	Q	P	I	E	T	A	T	C	K	A	Y	E	S	N
L	B	Q	A	M	N	X	T	N	R	M	N	G	U	O	A	T	H	H	E
G	X	Q	K	U	A	G	P	E	N	M	I	O	R	L	D	U	E	S	C
A	I	M	B	O	Q	T	P	E	K	U	E	D	C	O	L	K	E	I	G
H	K	Q	W	R	O	A	E	R	N	U	K	N	E	G	W	O	X	Y	K
T	H	A	B	I	T	A	T	Q	S	Y	A	C	T	S	C	P	P	Y	L

Find the words hidden vertically, horizontally, diagonally, and backwards.

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- AQUIFER
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- FISH
- GEOGRAPHIC
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SKYLIGHTS

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Patricia House Cleaning, weekly or monthly. Excellent referrals in Leisure World. 562-397-4659 Seal Beach License LUC0001. 10/08

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Rides by Russ,
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Corner unit with Two bedrooms, Two full baths!
Everything brand new- Large patio for entertaining!
Steps to golf course - Great location!
Impeccable Unit-Show your fussy buyers!



Mutual 5 - 108K - \$218,888

Two-bedroom basic unit with expanded patio!
Great “downtown” location!
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Mutual 10-238F-\$225,000

Two-bedroom corner unit! Great St. Andrews location! Great as is or ready to remodel
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Classifieds

Private Sale: August 21-22, 9 a.m. Collectibles, lamps, China, cut glass, Christmas items, kitchen items, priced to sell. 13300 Del Monte, 7L, Mutual 15. Call 562-533-8747 for appointment. 08/21

Tricycle, brand new, Schwinn Meridian. \$275. Wood round table \$250, good condition. (949) 735-6811 after 5:30 p.m. 08/27

Casio digital piano. A real bargain (all of varieties of music). \$400. 562-357-4341. 08/13

Ladies golf clubs, Wilsons, complete set. Excellent condition. Hardly used. \$70. 562-357-4341. 08/13

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CARPORTS WANTED

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\$489,000

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2 Bed, 2 Bath, M15 -29J \$329,000

2 Bed, 1 Bath, M7-159I \$239,000

2 Bed, 1 Bath M4-46K \$249,000

In Escrow M8-183C, 2 Bed, 1 Bath \$279,000

One bedroom unit, drive-up, tiled
patio, AC, heat pump, laminate floor,
walk-in shower
M7 - 160B, \$179,000
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One Bedroom unit, AC/
washer & dryer, walk-in shower
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BRE # 01448494

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Mut. 17 Resident
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2 Bedrooms / 2 Full Baths
Expanded corner, small
patio, great kitchen, washer/
dryer, and much more...
Mutual 11 - 263G
\$499,000

1 BDR, 1 Bath
Laminate flooring, beautiful
great location, new windows
Mutual 1 - 29H \$175,000

1 BDR, 1 Bath
Laminate flooring,
skylights, A/C heat pump
Mutual 1 - 63B
\$167,500

2 BDR/2 Bath Mut 15
West Facing Upstairs Corner, Fully
expanded with Lots of upgrades. New
Kitchen, Laminate flooring, Central A/C
Heat And more.
Mutual 15 - 29J \$329,000

2 BDR, 1 Bath,
Partially Expanded, Greenbelt View,
Newer kitchen, granite counter top.
Smooth ceilings, double pane windows,
3 skylights, shower over a real Bath
tub, fresh paint, and more....
Mutual 7 - 159I \$239,000

Reduced Move-In Ready
2 BDR/1 1/2 bath
Fully expanded corner
great location, new kitchen,
dishwasher & more
Mutual 2, 19F \$309,000

Country Cottage
Fully expanded 2 BDR, 1 Bath,
lovely greenbelt view, double pane
windows, plantation shutters,
Central A/C Heat,
and much more
Mutual 4 -46K \$249,000

Condo for Lease
2 BDR/2 Ba
First floor, laminate flooring
Fully equipped kitchen & more
Mutual 17 \$2,000 mo

Condo for Sale
Third floor, Great View,
2 BDR/2 Ba
Mutual 17-42E \$375,000

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M2 - 9L

M2 - 62A

M3 - 6H

M3 - 16G

M4 - 51K

M5 - 108K

M5 - 114B

M5 - 114L

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M7 - 165J

M8 - 190I

M10 - 238F

M11 - 269F

M12 - 58H

M14 - 3G

M14 - 27D

M15 - 43A

M15 - 23K

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Buying or selling...

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Mutual 9-222I
\$257,000.00

This lovely 2 bedroom 1 bath unit has a really nice greenbelt view, wrap around pebble tech patio, leaded glass entry door with patio skylight. Open floor plan, living room with smooth ceilings and crown molding. Kitchen has white cabinets, built-in electric appliances including refrigerator, cooktop and wall oven and ceiling light fixture. Bathroom with stone counter, large walk-in shower with sliding door and nice light fixture. Both bedrooms have smooth ceilings with crown molding. Other features include laminate flooring, drapes in every room, dual pane windows, heat pump and laundry is just steps from unit. This unit has an abundance of natural light, newer paint throughout. It is a must see to appreciate the upgrades!



Mutual 2-19L
\$349,900

Fully expanded 2 bedroom, 2 bath corner home on lovely greenbelt with leaded glass entry door and patio storage. Living room is quite spacious with designated dining area with ceiling fan. Kitchen has white cabinets, counter has matching backsplash, pantry, skylight, built-in electric appliances including wall oven, stove top, microwave, dishwasher and refrigerator. Master bedroom expanded with walk-in closet and extra storage, bathroom has skylight, stone counter and bathtub with shower. The second bedroom has custom shelving and is also quite spacious, second bath is a half bath. Other features include Central Heat and Air Conditioning, dual pane windows, vertical blinds throughout, smooth ceilings, laminate floors in kitchen and baths, carpet in living area and bedrooms. This unit has a great greenbelt view and is in a desirable location.



Mutual 6-127L
\$349,000

Beautifully expanded 2 bedroom, 1 bath home. Spacious living room has bay windows, window seat, and adjoining dining area. The kitchen has white cupboards, built-in stove, oven, dishwasher, refrigerator, Corian counters, breakfast bar with added storage and large skylight that opens. Master bedroom has walk-in closet, bay windows and ceiling fan. Second Bedroom, mirrored wardrobe closet doors and ceiling fan. Bathroom has cultured marble counters, cut down shower, large skylight that opens and tile floors. The living room and bedrooms have newly installed carpeting. This lovely home also features plantation shutters, central heat and air, smooth ceilings and is in move-in condition.
Drive up side parking



Mutual 12-9D
\$339,000

Charming remodeled 2 Bedroom 1 Bath Cottage. Kitchen features custom white cabinets with granite counters, built-in stainless-steel freestanding range, refrigerator, dishwasher, microwave, skylight and ceiling fan. Bathroom has white cabinets with granite counter, added linen closet, washer/dryer and walk-in shower. Master bedroom has mirrored sliding glass wardrobe doors, ceiling fan, and French sliding glass doors to patio. Formal dining room has large skylight. Entry area has wood floors and entry closet. Second bedroom has large skylight and mirrored sliding glass wardrobe doors. Central heat and air conditioning, double pane windows, private patio with walk-in storage and overlooks open green belt.



Mutual 1-47D
\$175,000

Beautifully updated 1 Bedroom 1 Bath home. This charming cottage has a white kitchen with built-in appliances including stove, oven, refrigerator, black pearl granite counter tops and large skylight. Bathroom also has a large skylight and black pearl counter tops. This lovely home also features newer paint, laminate floors, double pane windows with sliding glass doors.

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if interested in
listing or buying

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A CALL**



Mutual 11-277A
\$282,000

Nicely expanded 2 bedroom 1 bath home on greenbelt with convenient drive-up, patio out front, tiled entry into unit. Once inside there is a large entry leading to a spacious living room with a fireplace and a large dining area. Kitchen has white cabinets, newer counter, built-in electric appliances including cooktop, wall oven, microwave, dishwasher, refrigerator, ceiling fan and plenty of room for table and chairs. Master bedroom is expanded with mirrored closet doors and also has extra storage closet, second bedroom also spacious with built-in shelving. Bathroom with large skylight that opens and cut-down shower. Other features include, newer carpet in living room and bedrooms, laminate in kitchen, bathroom, entry and dining area, white blinds throughout unit and central heat and air conditioning. This home is move-in ready, has lots of natural light, so come take look!



Mutual 7-172K
\$279,000

This two-bedroom, one-bath home, a greenbelt gem mere steps from Central Park, almost lets you live in a park! Details: covered tiled patio, sliding doors for extra light, entry with shuttered conversation nook, ample storage room. And the interior: freshly painted in light tones, new hardware, and premium oak-laminate flooring throughout magnify the visual space. A new climate system provides frugal comfort controls in three areas. The bathroom's dimmable Hollywood lights over a large mirror reflect the resurfaced white counter and cut-down shower. And what reflects the outside? Why, that's a walk in the park!



Mutual 9-228E
\$299,000

Elegantly upgraded and expanded 2 Bedroom, 1 1/4 Bathroom, Formal Dining Room home located on a beautiful greenbelt. This lovely home has a spacious living room, Formal Dining Room, and a large kitchen with charming French Doors. The Kitchen has built-in appliances including a Refrigerator, Glass Top Stove, Oven, Dishwasher, Microwave, Corian Counters, Breakfast Bar also with Corian Counters & extra storage space. Kitchen also offers an extra-large skylight that opens, ceiling fan and tile flooring. The Master Bathroom has walk-in custom shower, Corian counters, large skylight. The second bedroom has large skylight, ceiling fan, full bathroom, & large walk-in laundry room offering additional closet and storage space with tile flooring in laundry room and full bath. Additional features are smooth ceilings, Heat Pump/AC and laminate flooring in Living Room, Bedrooms and Formal Dining Room. The Living Room leads to private front tile porch.



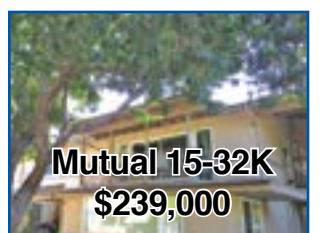
Mutual 4-51J
\$229,000

Charming Beach Cottage featuring 2 Bedrooms 1 Bathroom, Private Patio in a Lush Garden Setting. This Lovely Home is Light Bright and Open and Ready to Move In! The Spacious Living Room Over-Looks Front Patio That Has a Walk-In Storage Closet and Over-Looks Lots of Greenery. Kitchen has Built-In LW Appliances and a Skylight that Opens. Master Bathroom Has Cut-Down Shower and Skylight That Opens. This Home Also Features Blinds in Both Bedroom, Flooring That is Luxury Vinyl Planks Throughout, and an Added Side Patio Room That May Serve as a Dining Room, Den, Office or Craft Room, etc. In Addition to Beautiful Green Belt This Home Offers Drive-Up Parking. A Must See!



Mutual 4-85G
\$459,000

This lovely fully expanded 2 bedroom, 2 full bath home has so many great features, stacked stone trim with side drive-up, stone patio with outside storage, leaded glass entry door with side entry door, second bedroom with skylight, both patios with decorative metal enclosures. Expanded master bedroom with built-in shelves and granite insert that may be used as media center or desk. First bath has tiled full shower, stone counter, linen closet, skylight and washer/dryer. Second bedroom with walk-in closet, attached patio. Other features include dual pane windows, bay windows in living room and bedrooms, tile flooring in kitchen and bathrooms, new carpet in living area and bedrooms, recessed lighting with smooth ceilings and crown molding throughout, plenty of extra storage, central heat and air conditioning. If you are looking for a home that is move in ready and has everything you could possibly need then this is a must see!



Mutual 15-32K
\$239,000

Eloquent traditional home featuring 2-bedroom, 1-1/4-bathroom, spacious living room and formal dining room with ceiling fan, living room with fireplace, and a charming tile pane windows and overlooks an open balcony and beautiful tree-lined greenbelt. Kitchen has white cabinets, built-in electric appliances and double-pane windows. Master bedroom suite has double-pane windows, mirrored cupboard and 2 wardrobe closets. Master bathroom has bathtub with shower and skylight. Second bedroom has lots of closet and cupboard space and double-pane windows. Second bathroom has stall shower and skylight. This lovely home has carpeting throughout, leaded glass entry door and is close to drive-up parking and carport. This charming home is definitely a must see.

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NEW LISTING - One Bedroom, One Bath



Mutual 3-33-E



\$182,000

ADORABLE BEACH COTTAGE on a Beautiful Green with Shade Trees! You will absolutely love the view and this home with gorgeous laminate floors, white kitchen, kitchen, bath and patio skylights, heat-pump, dual pane windows/slider, glass inlaid front door and a STACKABLE-WASHER DRYER!! Relax and enjoy the ocean breeze under the comfort of you own covered patio ... walking distance to Clubhouse #2, drive-up, and lots of guest parking! Ready to look - CALL US TO SEE!!

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 And ... Please know, we have
 implemented ALL COVID-19

Guidelines to keep everyone safe as possible -
 call us for details!



Mutual 1-40-B \$159,000
 Fully Expanded 1-bedroom on a beautiful, HUGE greenbelt setting. Living room and bedroom are expanded with laminate floors. Kitchen has a ceiling fan, and skylight. Bathroom has a skylight, cut-down shower and vinyl floors.



LET OUR Community Experience & Knowledge Make Your Move a Pleasant Event



Mutual 6-136-C \$319,000
 Fully expanded two bedroom - one bath, south facing courtyard. Remodeled kitchen and bathroom, fresh paint, skylights, dishwasher, pantry, newer appliances, microwave, Forced Air/Heating plus WASHER AND DRYER. Laminate flooring with tile in kitchen.

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Adrian Villarreal

Two-Bedrooms

Mutual 8 195C \$214,000 remod. potential, enclosed patio, central air and heat Mutual 3 28L \$219,000 corner unit, enclosed patio, plantation shutters, side parking, tub Mutual 7 175H \$220,000 btl. area, new lam. floors, 3 skylights, private Mutual 1 25L \$225,000 Fixer, great for remodel, good location, great price	Mutual 6 64C \$235,000 full expan., faces so./east, skylights, gorgeous lam. floors Mutual 7 155G \$244,000 expanded, granite counters, skylights, heat pump Mutual 3 20D \$247,000 turn key, move in ready, a must see Mutual 6 64K \$255,000 full expan., 2 large skylights, 2 heat pumps, btl. greenbelt Mutual 9 222I \$257,000 great unit, many amenities, you need to see this	Mutual 15 21M \$259,000 2 baths, enclosed porch, greenbelt, trees, drive-up, nice Mutual 5 114K \$265,000 full expan. newly painted, extra large skylight Mutual 5 70C \$269,000 cent. air, 3 skylights, lam. floors, partial expan. Mutual 15 7L \$289,500 2 bath, cent. air, large open patio, dual pane, upgraded	Mutual 12 9D \$339,000 washer/dryer, cent. air, double pane, trees, nice Mutual 6 127L \$339,500 btl. corner, bay windows, smooth ceiling, cent. air, nice Mutual 2 19L \$349,900 full expan., 1 1/2 baths, cent. air, smooth ceilings, greenbelt Mutual 15 34L \$368,000 2 baths, remod. kit., granite, enclosed patio, greenbelt kit. Mutual 9 226L \$385,000 Remod. corner, 2 full baths, washer/dryer, private	Mutual 11 262I \$449,000 2 baths, cent. air, washer/dryer, really nice Mutual 4 78K \$165,000 patio, 2 skylights, shows well Mutual 1 1 47D \$175,000 black pearl counters, new paint, large skylight, lam. floors Mutual 3 33E \$182,000 btl. green, really an adorable unit, washer/dryer, dual pane
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Conrad Rodriguez
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Leah Perrotti
 310-889-6583



Hanna Rubinstein
 562-900-4243



Jay Cho
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For 2020, I have a total of 61 Leisure World pending and closed sales. I have buyers for yours too! Call me today for a free market evaluation!



13962 El Dorado Dr., #60G | M2 | \$465,000
Fully Expanded 2 Bed/ 2 Full Baths. Completely Remodeled, Vinyl Flooring, Quartz Countertops, Stainless Steel Appliances, Full Size Oven, Central A/C and Heat, Washer/Dryer, Dual Pane Windows, Plantation Shutters. LIGHT & BRIGHT!



1562 Golden Rain Rd., #44G, M2, \$225,000
Centrally Located, Basic 2 Bedroom, 2 Bath. Walk to All Amenities. Lrg. Private Patio Surrounded by Greenery, 2 Skylights, Expanded Bedroom to Include Desk Nook. New Golden Oak Flooring.



13922 El Dorado Dr., #58D | M2 | \$243,000
Drive Up Location. 2 Bedroom, 1 Bath Unit. Partially Enclosed Patio with Extra Storage, Large Skylight on Patio, Kitchen and Bathroom. Wood Flooring, Expanded Master Bedroom, WASHER/DRYER.



1120 Northwood Rd #186L | M8 | \$269,000
Corner unit, 2 bedroom, 1 bath. Expanded master and living area. Oversized skylights in kitchen and bathroom. A/C heat pump, refrigerator with bottom freezer. Plantation shutters, laminate flooring and carpet.



1502 Golden Rain Rd #46K | M2 | \$239,500
2 Bedroom, 1 Bath Fully Expanded, Double Pane Windows, Central A/C and Heat, Plantation Shutters, Washer/Dryer, Walk-In Closet, Bay Window.



1981 McKinney Way, #14H | M15 | \$218,500
2 Bedroom, 2 Bath, Enclosed Patio, Corner, Dual Pane Windows, 2 A/C Heat Units. Great Private Location.



1520 Northwood #244J | M10 | \$229,500
Drive Up Location. 2 Bedroom, 1 Bath. Both Bedrooms have been expanded. Extra Large Walk-In/Storage Closet. Vinyl Flooring, 4 Skylights.



1382 El Dorado Dr #10A | M3 | \$289,900
Fully Expanded 2 Master Bdrms, 1 Bth. Additional room added and could be used as a Third Bdrm or Office. Brand New Vinyl Flooring Throughout, Freshly Painted, New Baseboards. Greenbelt Location.

“My purchase of a property in Leisure World with Carol was a great experience. From the initial contact to the final closing. Carol was patient, accommodating, and helpful to my sensitive situation. She was readily available on very short notice and very beneficial in obtaining the best price for my extremely needed, quick, purchase.

I would definitely recommend Carol, as it was my pleasure doing business with her.”

-Debbie Martinez

On August 11th, 2020 a total of 69 units show as active listings on the CRMLS (this is where Realtors list property for sale).

6-1 bedroom/1 bath
from \$165,000 to \$194,900

34 - 2 bedrooms/1 bath
from \$189,000 to \$364,900

29- 2 bedrooms/2 baths
from \$225,000 to \$549,000

I offer Virtual Tours and can you send you a Virtual Tour of any of these properties, I have access to all inventory!
I am here to help!

